

# A Saint Indeed.

O R,

The great work of a Christian  
*Opened and Pressed;*  
from *Prov. 4. 23.*

BEING

A seasonable and proper expedient for  
the recovery of the much decayed  
Power of Godliness among the  
Professors of these times.

---

By *John Flavell* M. of the Gospel.

---

*unusquisque a deo constitutus est sui cordis tanquam  
castrî custos & defensor contra suos hostes: Si  
ergo non implorato auxilio, non expectato suc-  
cursu, adeo ad primam obsidionis castrametatio-  
nem castrum tradat hosti crimen admittit prodi-  
tionis manifestum: quid igitur dicendum de tradi-  
tione clavium, hujus castrî, antequam obsidione  
prematur? clavis est cogitatio, hæc enim cor aperit;  
cogitationem volvere est clavem cordis ad aper-  
tionem ipsius torquere, ut tandem referatur. Amel.  
de Conscien. p. 154.*

---

L O N D O N,

Printed by *W. R.* and are to be sold by  
*Robert Boulter*, at the *Turks head* in *Bishop's*  
*gate-street*, near the *Great James*. 1670.

Opened and Pressed;  
The great work of a Christian

[illegible]



## *The Epistle Dedicatory.*

To my dearly beloved and longed for,  
the Flock of Jesus Christ in *Dartmouth*,  
over whom the Holy Ghost hath made  
me an Overseer: sound Judgement,  
true Zeal, and unstained Purity is  
heartily wished.

*My Dear Friends.*



*Here are three sad sights with  
which our eyes should conti-  
nually affect our hearts. The  
(1) Is to behold in every  
place, so many prophane and  
dissolute ones who bear the  
very image of Satan: the face of whose con-  
versation plainly discovers what they are,  
and whither they are going, Philip. 3. 18,  
19. These look like themselves, the children  
of wrath: The (2) is to see so many cursed  
hypocrites artificially disguising themselves,  
and with marvellous dexterity acting the  
parts of Saints, so that even a judicious  
eye may sometimes mistake the Similar  
workings of the Spirit on them, for his*  
*A 2 — saying*

## The Epistle Dedicatory.

saving workings on others : to hear such a person conferring, praying, bewailing his corruptions, and talking of his experiences ; would easily perswade a man to believe ; that he hath the heart as well as the face of a sincere Christian : For

*Sic oculos, sic ille manus, sic ora ferebat.*

So the people of God do speak, so they pray, and even so they open their conditions : these look like Saints, but are none. The 3<sup>d</sup> is to see so many real Saints in whom the Spirit of truth is, who get through the impetuous workings of their corruptions, and neglecting of the watch over their hearts, do often fall into such scandalous practises, that they look like Hypocrites, though they are not so.

These are three sad sights indeed, and Oh that my head were waters, and mine eyes fountains of tears, that I might weep abundantly over them all !

For the first I would mourn heartily, considering that they (so continuing) must be damned eternally, 2 Thef. 1. 8 9. 1 Cor. 6. 9.

For the second, I would both weep and tremble, considering that they (so abiding) must be damned doubly, Matth. 24. 51.

And for the third, no less than any of the rest, because, though they themselves may and shall be saved, yet their examples make fast the

## The Epistle Dedicatory.

the bonds of death upon both the former ;  
Mat. 18. 7. 2 Sam. 12. 13, 14.

*Alas ! that ever they should shed the blood of others souls, for whom Christ shed his own blood ! that ever they should be cruel to others, who have found Christ so kind to them ! I know they dare not do it directly and intencionally, but so it proves occasionally and eventually : suffer me here to digress a little, and expostulate with these prejudiced and hardened Souls, I will presently return to you again. O why do you mischief your own Souls by other mens examples ? because they stumble and break their shins, will you fall and break your necks ? I desire all such as harden themselves by these things, and take up a good opinion of their own deplorable condition ; would soberly consider and answer these three Queries.*

I. Q<sup>n</sup>. Doth Religion any way countenance or patronize the sinful practises of its professors, or doth it not rather impartially and severely condemn them ? it is the Glory of the Christian Religion that it is pure and undefiled, James 1. 27. no doctrine so holy Psal. 19. 8. nor doth any make more provision for an holy life, Titus 2. 11, 12. Indeed there is a case wherein we may charge the evil practises of men upon their principals, but that is when their practises naturally flow

## The Epistle Dedicatory.

from, and necessarily follows their principles: as for example: if I see a Papist sin boldly, I may charge it upon his principles, for they set pardons to sale, and so make way for looseness. If I see an Arminian slight the grace of God, and proudly advance himself, I may cry shame upon his principles, which directly lead to it: but can I do so where such practices are condemned and provided against by their own avowed principles which commit them?

2. Q. Is it not a most irrational thing to let fly at religion because of the scandalous waies of some, whilst in the mean time you wholly slight and overlook the holy and heavenly, conversations of many others? are all that professe Godliness loose and careless in their lives? No, some are an ornament to their profession, and the glory of Christ: and why must the innocent be condemned with the guilty? why the eleven for one Judas?

3. Qu. If you condemn religion because of the scandalous lives of some that professe it: must you not then cast off all religion in the world and turn down-right Atheists? surely this is the consequent of it: for what religion is there, but some that profess it walk contrary to that their profession: and then as Constantine told the Novatian, you must set up your Ladder and go to Heaven by your self.

Bur

## The Epistle Dedicatory.

But alas ! it is not our Printed Apologies for Religion, but the visible reformati<sup>o</sup>ns of its Professors that must both salve its honour and remove those fatal stumbling blocks at which the blind world strikes and falls into eternal perdition.

Now there are two waies by which this may be effected. First, by convincing the consciences of professors of their miscarriages, and the evil and aggravations of them. Secondly, by medicating the heart, and cleansing the fountain whence they proceed: in the first of these, a worthy and eminent servant of Christ hath lately laboured, holding a clear Gospel-glass before the faces of Professors which truly represents their spots and blemishes. See Gospel-Glass. If he that reads it, will consider, apply, and practise, it shall doubtless turn to his Salvation, but if it turn to no good account to him that reads it; I know it shall turn to a testimony for him that wrote it. The second is a principal design of this small treatise, the subject whereof is exceeding weighty, and of daily use to the people of God, though the manner of handling it be attended with many defects and weaknesses: every one cannot be excellent who yet may be useful.

I will exercise your patience no longer than whilst I tell you,

## The Epistle Dedicatory.

1. *Why I published it to the view of the World.*

2. *Why I direct it particularly to you.*

First for the publication of it, take this sincere and brief account, that as I was led to this subject by a special providence, so to the publication of it by a kind of necessity: the providence at first leading me to it was this: A dear and choice friend of my intimate acquaintance being under much inward trouble upon the account of some special heart-disorder, opened the case to me, and earnestly requested some rules and helps in that particular, whilst I was bending my thoughts to that special case, divers other cases of like importance (some of which were dependent upon that consideration) occurred to my thoughts and this Scripture which I have insisted upon, presented it self, as a fit foundation for the whole discourse which being lengthened out to what you see, diverse friends requested me to transcribe for their use, divers of the cases here handled: & some others, begg'd me to publish the whole, to which I was in a manner necessitated to save the pains of transcribing, which to me is a very tedious and tiresome work: and just as I had almost finished the copy, an opportunity presented (& what somewhat strangely) to make it publick. So that from first to last I have been carried



## The Epistle Dedicatory.

ried beyond my first intentions in this thing.

Ob. If any say, the world is even cloyed with Books, & therefore though the discourse be necessary, yet the publication is needless.

Sol. 1. I answer, there are multitudes of books indeed, and of them many concern not themselves about root truths, and practical godliness, but spend their strength upon impracticable notions, and frivolous controversies: many also strike at root truths, and endeavour to undermine the power of Godliness: and some there are that nourish the root, and tend to clear and confirm, to prepare and apply the great truths of the Gospel that they may be bread for souls to live and feed on: now, though I could wish that those that have handled the pen of the Scribe, had better employed their time and pains than to obtrude such useless discourses upon the world, yet for Books of the latter rank, I say, that when Husbandmen complain of too much corn, let Christians complain of too many such Books.

2. And if you be so highly conceited of your own furniture and ability, that such Books are needless to you: if you let them alone they will do you no hurt and other poor hungry souls will be glad of them, and bless God for what you despise and leave.

Ob. If it be said that several in the cases here handled touch not your condition: I answer.

Sol. 1.

## The Epistle Dedicatory.

Sol. 1. That which is not your condition may be anothers condition. If you be placed in an easie, full, and prosperous state, and so have no need of the helps here offered to support your heart under pinching wants, others are forced to live by faith for every daies provision: If you be dandled upon the knee of providence, some of your Brethren are under its feet. If you have inward peace, and tranquility of Spirit, and so need not the Counsels here given to ward off those desperate conclusions that poor afflicted souls are ready to draw upon themselves at such a time; yet it may be a word in season to them, and they may say as David to Abigail, blessed be thou of the Lord, and blessed be thy advice.

2. That may be your condition shortly, which is not your condition for present: say not thy Mountain stands strong, thou shalt never be moved: there are changes in the right hand of the most High, and then those truths which are little more esteemed than Hedge-fruits, will be as Apples of Gold in Pictures of Silver: In Jer. 10, 11. The Prophet there teaches the Jews (who then dwelt in their own houses) how to defend their Religion in Babylon, and what they should say to the Chaldeans there, and therefore that verse is written in Caldee. So much for the reasons of its publication: Next for the



## The Epistle Dedicatory.

the Dedication of it to you, I was induced thereto by the consideration. (1.) Of the relation I have to you above all the people in the world: I look upon my gifts as yours; my time as yours, and all the Talents I am entrusted with as yours: It is not with you as with a woman whose husband is dead, and so is freed from the Law of her Husband, the relation still continues, and so do all the mutual duties of it. (2.) By the consideration of my necessitated absence from you, I would not that personal absence should by insensible degrees, untwist (as usually it doth) the cord of friendship, and therefore have endeavoured (as absent friends use to do) to preserve and strengthen it by this small remembrance. It was Vespasian's answer to Apollonius when he desired access for two Philosophers: My Doors (said Vespasian) are alwaies open to Philosophers, but my very breast is open to thee. I cannot say with him, my doors are open for the free access of friends, being by a sad providence shut against my self; But this I can say, my very breast is still open to you; you are as dear to me as ever. (3.) Another inducement (and indeed the main) was the perpetual usefulness and necessity of these truths for you, which you will have continual need of: and I know few of you have such happy memories to retain, and I cannot be alwaies

## The Epistle Dedicatory.

waies with you to inculcate these things, but *litera scripta manet*; I was willing to leave this with you as a Legacy, as a Testimony of sincere love for, and care over you: This may counsel and direct you when I cannot, I may be rendred useles to you by a civil or natural Death; but this will out-live me, and Oh that it may serve your souls when I am silent in the dust!

To hasten now to a conclusion, I have only these three requests to you, which I earnestly beseech you not to deny me; Yea, I charge you, as ever you hope to appear with comfort before the great Shepherd, do not dare to slight these requests. (1.) Above all other studies in the world, studie your own hearts: waste not a minute more of your precious time about frivolous and sapless controversies; it is reported even of Bellarmine (how truly

(I examine not) quod à studiis scholasticæ theologiæ avorteretur fere nauseabundus, quoniam succo carebant liquidæ pietatis, (i. e.) he turned with loathing from the studie of School-Divinity because it wanted the sweet juice of Piety:

I had rather it should be said of you, as one said of Swinkfeldius (He wanted

*Fulgatus in vita Bellarm.*

*Caput regulatum illi defuit, cor bonum non defuit.*

## The Epistle Dedicatory.

ed a regular head, but not an honest heart;) then that you should have regular heads, and irregular hearts: My dear flock, I have according to the grace given me, laboured in the course of my ministry among you, to feed you with the heart-strengthening bread of practical Doctrine, and I assure you, it is far better you should have the sweet and saving impressions of Gospel-Truths, feelingly, and powerfully conveyed to your hearts; then only to understand them by a bare ratiocination, or a dry syllogistical inference: Leave trifling studies to such as have time lying on their hands, and know not how to employ it: Remember you are at the door of Eternity, and have other work to do; those hours you spend upon heart-work in your closets, are the golden spots of all your time, and will have the sweetest influence into your last hour: Never forget those Sermons I preached to you, upon that subject, from 2 Kings. 20. 2, 3. Heart-work is weighty and difficult work, an error there may cost you your souls: I may say of it, as Augustine speaks of the Doctrine of the Trinity, *Nihilò facilius aut periculosius erratur; a man can erre in nothing more easily or more dangerously*: O then, study your hearts. (2.) My next request is, that you will carefully look to your Conversations, and be accurate in all your waies.

## The Epistle Dedicatory.

males, hold forth the word of life: be sure by the strictness and holiness of your lives, to settle your selves in the very consciences of your enemies. Remember that your lives must be produced in the great day, to judge the world, 1 Cor. 6. 2. Oh then what manner of persons ought you to be! You have many eyes over you, the Omniscient eye of God, that searches the heart and reins, Rev. 2. 23. The vigilant eye of Satan, Job 1. 7, 8. The envious eyes of enemies, that curiously observe you, Plal. 5. 8. The quick and observant eye of Conscience, which none of your actions escape, Rom. 9. 1.

Oh then be precise, and accurate in all manner of conversation: keep up the power of Godliness in your Closets and Families, and then you will not let it fall in your more publick employments, and converses in the world: I have often told you, that it is the honour of the Gospel, that it makes the best Parents and Children; the best Masters and Servants; the best Husbands and Wives in the World.

My third and last request is, that you pray for me: I hope I can say, and am sure some of you have acknowledged, that I came at first among you, as the return and answer of your Prayers: And indeed so it should be, see Luke 10. 2. I am perswaded also, I have

## The Epistle Dedicatory.

have been carried on in my work by your prayers: 'tis sweet when 'tis so, see Ephes. 6. 18, 19. And I hope by your prayers to receive yet a farther benefit, even that which is mentioned, Heb. 13. 18, 19. Philem. 22. And truly 'tis but equal you should pray for me, I have often prayed for you: Let the Pulpit, Family and Closet witness for me: And God forbid I should sin against the Lord in ceasing to pray for you.

Yea, friends, your own interest may persuade to it: what mercies you obtain for me, redound to your own advantage, if God preserve me, it is for your use and service: the more gifts and graces a Minister hath, the better for them that shall wait on his Ministry: the more God gives in to me, the more I shall be able to give out to you. I will detain you no longer, but to entreat you to accept this small testification of my great love and have recourse to it, according as the exigencies of your condition shall require: Read it consideringly, and obediently; Judge it not by the dress and stile, but by the weight and savour of what you read. 'Tis a good Rule of Bernard, in legendis libris, non queramus scientiam sed saporem, (i. e.) in reading Books, regard not so much the science, as the savour: That it may prove  
the

## The Epistle Dedicatory.

*the favour of life unto life to you, and all those  
into whose hands it shall come, is the hearty  
desire of*

Your loving and  
faithful Pastor,

JOHN FLAVEL.

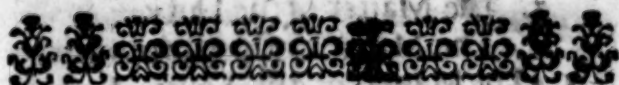
*From my Study*  
at Ley in Slapton,  
O<sup>c</sup>ob. 7. 1667.

---

A

---





Prov. 4. 23.

*Keep thy Heart with all diligence, for out of it are the issues of Life.*

**T**He Heart of man is his worst part before it be Regenerate, and the best afterwards; It is the seat of Principles, and fountain of Actions. The eye of God is, and the eye of the Christian ought to be principally fixed upon it.

The greatest difficulty in Conversion is to win the heart to God, and the greatest difficulty after Conversion is to keep the heart with God. Here lyes the very pinch and stress of Religion; here's that that makes the way to life a narrow way, and the Gate of Heaven a strait Gate. Direction and help in this great work, is the scope and sum of this Text; wherein we have.

1. An Exhortation, *Keep thy Heart with all diligence.*

2. The Reason or Motive inforcing it, *For out of it are the issues of Life.*

In the Exhortation I shall consider,

B

1. The

1. The Matter of the Duty.

2. The Manner of performing it.

1. The Matter of the Duty; *Keep thy Heart*. Heart is not here taken properly for that noble part of the body which Philosophers call the *primum vivens*, & *ultimum moriens*; the first that lives, and the last that dies; but by Heart in a Metaphor, the Scripture sometimes understands some particular noble faculty of the soul, in *Rom. 1. 21.* it is put for the understanding part, their foolish Heart, (*i. e.*) *their foolish understanding was darkened.* And *Psal. 119. 11.* It is put for the Memory, *Thy Word have I hid in my Heart.* And *1 John 3. 10.* It is put for the Conscience, which hath in it both the light of the Understanding, and the recognitions of the Memory: If our Heart Condemn us; (*i. e.*) if our Conscience; whose proper office it is to condemn. But here we are to take it more generally for the whole Soul, or inner Man; for look what the heart is to the Body, that the Soul is to the Man; and what Health is to the Heart, that Holiness is to the Soul: *Quod sanitas in corpore, id sanctitas in corde.* The state of the whole body depends upon the soundness and vigour of the Heart, and the everlasting state of the whole



whole man upon the good or ill condition of the Soul.

And by keeping the Heart, understand the *diligent* and *constant* use and improvement of all holy Means and Duties, to preserve the Soul from sin, and maintain its sweet and free communion with God.

\* *Lavater* in *loc.* will have the word taken from a besieged Garrison begirt by many enemies without, and in danger of being betray'd by treacherous Citizens within, in which danger the souldiers upon pain of death are commanded to watch: and whereas the expression, (keep thy heart) seems to put it upon us as our work yet it doth not imply a sufficiency or ability in us to do it; we are as able to stop the Sun in it's course, or make the Rivers run backwards, as by our own skill and power to rule and order our hearts: we may as well be our own *Saviours*, as our own *Keepers*, and yet *Solomon* speaks properly enough, when he saith, keep thy

\* I say constant, for the reason added in the Text, extends the duty to all the states and conditions of a Christians life, and makes it bind *ad semper*: If the heart must be kept because out of it are the issues of life, then as long as these issues of life do flow out of it, we are obliged to keep it.

*The Text opened.*

~~It is~~ because the Duty is ours, though the power be Gods. A natural man hath no power; a gracious man hath some; though not sufficient, and that power he hath, depends upon the exciting and assisting strength of Christ; *Gratia gratiam postulat*, Grace within us is beholding to Grace without us, *John 15. 5. Without me ye can do nothing.* So much of the matter of the Duty.

1. The manner of performing it, is *with all diligence*; the Hebrew is very Emphatical *שמר מכל* *cum omni custodia*, Keep with all keeping, *q. d.* keep keep; let double guards, your hearts will be gone else. And this vehemency of expression with which the Duty is urged, plainly implies how difficult it is to keep our hearts, and how dangerous to let them go.

2. The Reason or Motive quickening to this Duty is very forcible and weighty. *For out of it are the issues of life.* That is, it is the Source and Fountain of all vital actions and operations; *Hinc Fons boni & peccandi origo*, saith *Jerom*; it is the Spring and Original both of good and evil, as the spring in a Watch that sets all the wheels in motion. The Heart is the Treasury, the Hand and Tongue but the

the Shops, what is in these came from thence; the hand and tongue alwaies begin where the heart ends. The Heart contrives, and the Members execute, *Luke 6. 46.* *A good man out of the good treasury of his heart bringeth forth good things; and an evil man out of the evil treasury of his heart bringeth forth evil things; for out of the abundance of his heart his mouth speaketh.* So then, if the heart erre in its work, these must needs miscarry in theirs; for Heart-errours are like the errours of the first concoction which cannot be rectified afterwards: Or like the mis-placing and inverting of the stamps and letters in the Press which must needs cause so many Errata's in all the Copies that are printed off. Oh then, how important a Duty is that which is contained in the following Proposition?

*Doct. That the keeping and right managing of the heart in every condition, is the great business of a Christians life.*

What the Philosopher saith of waters is as properly applicable to hearts, *vis terminis difficile continentur*; its hard to keep them within any bounds: God hath set bounds and limits to them, yet how frequently do they transgress, not only the bounds of Grace and Religion, but

even of Reason and common Honesty ; *Hic labor boni opus est*, this is that which affords the Christian matter of labour, fear and trembling to his dying day. 'Tis not the cleansing of the hand that makes a Christian, for many a Hypocrite can shew as faire a hand as he, but the purifying, watching, and right ordering of the heart; this is the thing that provokes so many sad complaints, and costs so many deep groans and brinish tears. 'Twas the pride of *Hereshiah's* heart that made him lie in the dust mourning before the Lord, *2 Chron. 32. 26.* 'Twas the fear of Hypocrisie invading the Heart, that made *David* cry, *Let my heart be sound in thy Statutes, that I be not ashamed, Psal. 119.* See 'Twas the sad experience he had of the Divisions and Distractions of his own Heart in the Service of God, that made him pour out that Prayer, *Psal. 86. 11. Unite my Heart to fear thy Name.*

The method in which I shall improve the Point, shall be this :

1. First, I shall inquire what the keeping of the Heart supposes and imports.

2. Secondly, Assign divers Reasons, why Christians must make this the great work and business of their lives.

3. Thirdly, Point at those special sea-

sons

*What it is to keep the Heart.* 7

sons which especially call for this diligence in keeping the Heart.

4. Fourthly and lastly, apply the whole in several uses.

1. What the keeping of the Heart supposes and imports.

To keep the heart necessarily supposes a previous work of Sanctification; which hath set the Heart right by giving it a new spiritual bent and inclination; for as long as the Heart is *not set right by Grace*, as to its habitual frame, no Duties or Means can keep it right with God. Self is the Poise of the unsanctified Heart, which Byasses and moves it in all its designs and actions; and as long as it is so, it is impossible that any external means should keep it with God.

Man by Creation was of one constant uniform, frame, and tenour of Spirit, held one streight and even course; not one thought or faculty ravell'd or disorder'd, his mind had a perfect illumination to understand and know the Will of God, his will a perfect compliance therewith; his sensitive appetite and other inferiour powers, stood in a most obedient subordination.

Man by degeneration is become a most disorder'd and rebellious Creature,



8 *What it is to keep the Heart.*

contesting with, and opposing his Maker; as the *first cause*, by self-dependance; as the *chiefest good*, by self-love; as the *Highest Lord*, by self-will; and as the *last end*, by self-seeking; and so is quite disordered, and all his acts irregular: His illuminated understanding is clouded with ignorance, his complying will, full of Rebellion and Stubbornness; his subordinate powers, casting off the dominion and government of the superiour faculties.

But by Regeneration, this disordered Soul is set right again; Sanctification being the rectifying, and due framing, or as the Scripture phrases it, the renovation of the Soul after the Image of God; *Eph. 4. 24.* in which, *self-dependance* is removed by Faith; *self-love*, by the love of God; *self-will*, by subjection and obedience to the Will of God; and *self-seeking*, by self-denial. The darkned understanding is again illuminated, *Eph. 1. 18.* the refractory will sweetly subdued, *Psal. 110. 3.* the rebellious appetite, or concupiscence, gradually conquered, *Rom. 6. 7. per tot.* And thus the Soul which sin had universally depraved, is again by Grace restored and rectified.

This being presupposed, it will not be difficult to apprehend, what it is to keep the

the Heart, which is nothing else but the constant care and diligence of such a renewed man, to preserve his soul in that holy Frame to which Grace hath reduced it, and daily strives to hold it.

For though Grace hath in great measure rectified the soul, and given it an habitual and Heavenly temper; yet sin often actually discomposes it again; so that even a gracious heart is like a musical Instrument, which though it be never so exactly tuned, a small matter brings it out of tune again; yea, hang it aside but a little, and it will need setting again, before you can play another Lesson on it: even so stands the case with gracious hearts; if they are in frame in one duty, yet how dull, dead and disordered when they come to another: and therefore every duty needs a particular preparation of the heart, *Job 11. 13. If thou prepare thine heart, and stretch out thy hands towards him.* Well then, to keep the Heart, is carefully to preserve it from sin which disorders it; and maintain that spiritual and gracious frame which fits it for a life of communion with God: and this includes these six acts in it.

1. First, frequent observation of the frame of the Heart, turning in and examining

10 *What it is to keep the Heart.*

mining how the case stands with it, this is one part of the work. Carnal and formal persons take no heed to this, they cannot be brought to confer with their own hearts; there are some men and women that have lived forty or fifty years in the world, and have scarce had one hours discourse with their own hearts all that while: 'tis an hard thing to bring a man and himself together upon such an account; but Saints know those Soliloquies and self-conferences to be of excellent use and advantage. The Heathen could say, *anima sedendo & quiescendo fit sapiens*, the Soul is made wise by sitting still in quietness; though Bankrupts care not to look into their Books of accompt, yet upright hearts will know whether they go backward or forward, *Psal. 77. 6. I commune with mine own heart*; The heart can never be kept, until its case be examined and understood.

2. It includes deep Humiliations for Heart-evils and disorders; thus *Hezekiah* humbled himself for the pride of his Heart, *1 Chron. 32. 26*. Thus the people were ordered to spread forth their hands to God in Prayer, in a sense of the Plague of their own Hearts, *1 Kings 8. 38*, Upon this account many an upright heart



*What it is to keep the Heart.* 11

heart hath been laid low before God : O What an heart have I ? they have in their confessions pointed at the heart, the pained place ; Lord here is the wound , here is the Plague-fore ; it is with the Heart well kept, as it is with the eye, which is a fit emblem of, it ; if a small dust get into the eye , it will never leave twinkling and watering till it have wept it out : So the upright heart cannot be at rest till it have wept out its troubles, and poured out its complaints before the Lord.

3. It includes earnest Supplications and instant Prayer for heart-purifying and rectifying Grace, when sin hath defiled and disordered it, so *Psalm. 119. 12. Cleanse thou me from secret faults,* and *Psalm. 86. 11. Unite my heart to fear thy Name.* Saints have alwaies many such Petitions depending before the Throne of Grace ; this is the thing which is most pleaded by them with God : when they are praying for outward mercies, happily their Spirits may be more remiss, but when it comes to the heart-case, then they intend their Spirits to the utmost, fill their mouths with Arguments, weep and make supplications; Oh, for a better heart ! Oh for a heart to love God more ! To hate sin more, to walk more evenly

12 *What it is to keep the Heart.*

evenly with God; Lord deny not to me such a Heart whatever thou deny me; Give me an Heart to fear thee, love, and delight in thee, if I beg my bread in desolate places. 'Tis observed of holy Mr. Bradford, that when he was confessing sin, he would never give over confessing until he had felt some brokenness of heart for that sin, and when praying for any spiritual Mercy, would never give over that suite, till he had got some relish of that Mercy; that's the third thing included in keeping the Heart.

4. It includes the imposing of strong engagements and Bonds upon our selves to walk more accurately with God, and avoid the occasions whereby the Heart may be induced to sin; Well composed, advised, and deliberate Vows are in some cases of excellent use to guard the Heart, against some special sin, So Job 31. 1. *I made a covenant with mine eyes;* by this means, holy ones have over-awed their souls, and preserved themselves from defilement by some special Heart-corruptions.

5. It includes a constant holy jealousy over our own Hearts; quick-sighted self-jealousie is an excellent preservative from sin, He that will keep his Heart, must

*What it is to keep the Heart.* 131

must have the eyes of his soul awake and open upon all the disorderly, and tumultuous stirrings of his affections, if the affections break loose, and the passions be stirred, the soul must discover and suppress them before they get to an height: O my soul dost thou well in this? My tumultuous thoughts and passions, where is your Commission? *Stare viri, quæ can-savia? quivæ estis in armis. Virg.*

Happy is the man that thus feareth alwaies, *Prov. 28. 14.* By this fear of the Lord it is that men depart from evil, shake off security, and preserve themselves from iniquity, he that will keep his heart must feed with fear, rejoyce with fear, and passe the whole time of his sojourning here in fear, and all little enough to keep the heart from sin.

6. And lastly, To add no more, it includes the reallizing of Gods Presence with us, and setting the Lord alwaies before us: this the people of God have found a singular means to keep their hearts upright, and awe them from sin: when the eye of our Faith is fixed upon the eye of Gods Omniscience, we dare not let out our thoughts and affections to vanity: Holy *Job* durst not suffer his heart to yield to an impure, vain thought, and

14 *Heart-work difficult work.*

and what was it that moved him to so great a circumspection? Why he tells you, *Job 31. 4. Doth he not see my waies, and count all my steps? Walk before me* (saith God to Abraham) *and be thou perfect, Gen. 17. 1.* Even as Parents use to set their Children in the Congregation before them, knowing that else they will be toying and playing; so would the Heart of the best man too, were it not for the eye of God.

In these and such like particulars, do gracious souls express the care they have of their hearts; they are as careful to prevent the breaking loose of their corruptions in times of temptation, as Sea-men are to bind fast their Guns, that they break not loose in a storm; as careful to preserve the sweetness and comfort they have got from God in any duty, as one that comes out of an hot bath, or great sweat is of taking cold, by going forth into the chill air: this is the work, and of all works in Religion it is the most difficult, constant and important work.

1. 'Tis the hardest work; Heart-work is hard work indeed: To shuffle over Religious duties with a loose and heedless Spirit, will cost no great pains, but to set thy self before the Lord, and tye up thy  
loose

*Heart-work constant work.* 15

loose and vain thoughts to a constant and serious attendance upon him, this will cost thee something: to attain a facility and dexterity of language in Prayer, and put thy meaning into apt and decent expressions is easie, but to get thy Heart broken for sin whilst thou art confessing it; melted with free grace whilst thou art blessing God for it, to be really ashamed and humbled through the apprehensions of God's infinite Holiness, and to keep thy Heart in this frame, not only in, but after Duty; will surely cost thee some groans, and travelling pains of Soul: to repress the outward acts of sin, and compose the external part of thy life in a laudable and comely manner is no great matter, even carnal persons by the force of common Principles can do this; but to kill the root of corruption within, to set and keep up an holy Government over thy thoughts, to have all things lye streight and orderly in the Heart, this is not easie.

2. 'Tis a constant work; the keeping of the Heart is such a work, as is never done till life be done; this labour and our life end together: It is with a Christian in this business as it is with Sea-men, that have sprung a Leak in Sea, if they  
tug

## 16 Heart-work important work.

tug not constantly at the pump, the water encreases upon them, and will quickly sink them: 'tis in vain for them to say the work is hard, and we are weary: There is no time or condition in the life of a Christian, which will suffer an intermission of this work: It is in the keeping watch over our hearts, as it was in the keeping up of *Moses* his hands, whilst *Israel* and *Amalek* were fighting below, *Exod.* 17. 12. No sooner do *Moses* his hands grow heavy and sink down, but *Amalek* prevails: You know it cost *David* and *Peter* many a sad day and night for intermitting the watch over their own hearts but a few minutes.

3. 'Tis the most important business of a Christians life; without this we are but Formalists in Religion; all our professions, Gifts and Duties signifie nothing: *My Son give me thine Heart, Prov.* 23. 26. God is pleased to call that a gift, which is indeed a debt; he will put this honour upon the Creature to receive it from him in the way of a gift, but if this be not given him, he regards not whatever else you bring to him: there is so much only of worth and value in what we do, as there is of heart in it: Concerning the Heart, God seems to say as  
*Joseph*



Joseph of Benjamin, *If you bring not Benjamin with you, you shall not see my face.* Among the Heathens when the Beast was cut up for Sacrifice, the first thing the Priest lookt upon was the Heart, and if that were unsound and naught, the Sacrifice was rejected. God rejects all duties (how glorious soever in other respects) offered him without a heart: He that performs duty without a heart, viz. heedlessly, is no more accepted with God, than he that performs it with a double heart, viz. hypocritically, *Isa. 66. 3.* And thus I have briefly opened the nature of the Duty, what is imported in this phrase, *Keep thy heart.*

2. Next, I shall give you some rational account why Christians should make this the great business of their lives, to keep their hearts?

The importance and necessity of making this our great and main business, will manifestly appear in that, 1. The honour of God. 2. The sincerity of our Profession. 3. The beauty of our conversation. 4. The comfort of our souls. 5. The improvement of our Graces: And 6. Our stability in the hour of temptation, are all wrapt up in, and dependent on our sincerity and care

18 *The glory of God much concerned.*

in the management of this work.

1. The glory of God is much concerned therein; heart-evils are very provoking evils to the Lord. The Schools do well observe, that outward sins are *majoris infamia*, sins of greater infamy, but heart-sins are *majoris reatus*, sins of deeper guilt. How severely hath the Great God declared his wrath, from Heaven against Heart-wickedness? The great Crime for which the old World stands indicted, *Gen. 6. 5. 6, 7.* *In heart-wickedness; God saw that every imagination (or fiction) of their heart was onely evil, and that continually: for which he sent the dreadfullest Judgment that was ever executed since the World began: And the Lord said, I will destroy man whom I have created, from the face of the earth, both man and beast, and the creeping things, and the fowls of Heaven, for it repenteth me that I have made man, v. 7.* We find not their murders, adulteries, blasphemies, (though they were defiled with these) particularly alledged against them; but the evils of their hearts: yea, that which God was so provoked by, as to give up his peculiar inheritance into the enemies hand, was the evil of their hearts, *Jer. 4. 14.* *O Jerusalem, wash thine heart from*



*in the keeping of our hearts.* 19  
from wickedness, that thou maist be saved,  
how long shall vain thoughts lodge within  
thee: The wickedness and vanity of  
their thoughts God took special notice  
of; and because of this the *Caldean* must  
come upon them as a *Lion from his thick-  
ets*, v. 7. and tear them to pieces. For the  
very sin of thoughts it was, that God  
threw down the fallen Angels from Hea-  
ven, and keeps them still in everlasting  
chains to the Judgment of the great day;  
by which expression is not obscurely  
intimated some extraordinary Judgment  
to which they are reserved, as Prisoners  
that have most irons laid upon them, may  
be supposed to be the greatest. Malefa-  
ctors: and what was their sin? Why,  
only spiritual wickedness, for they ha-  
ving no bodily Organs, could act no-  
thing externally against God. Yea,  
meer heart-evils are so provoking, that  
for them he rejects with indignation all  
the duties that some men perform unto  
him. *Isa. 66. 3, He that killeth an Oxe, is*  
*as if he slew a man, he that sacrificeth a*  
*Lamb, as if he cut off a dogs neck, he that*  
*offereth an Oblation, as if he offered Swines*  
*Blood, he that burneth incense, as if he bles-*  
*sed an Idol.* In what words could the  
abhorrence of a Creatures actions be

20 *The sincerity of Profession evidenced*  
more fully expressed by the holy God;  
Murder and Idolatry are not more vile  
in his account than their Sacrifices, though  
materially such as himself appointed: and  
what made them so? the following words  
inform us, *Their Soul delighteth in their a-*  
*ominations.*

To conclude, such is the vileness of  
meek heart-sins, that the Scriptures some-  
times intimate the difficulty of pardon  
for them. So in the case of *Simon Ma-*  
*gus, Acts 8. 21.* his heart was not right,  
he had vile thoughts of God, and the  
things of God, the Apostle bids him *re-*  
*pent and pray, if perhaps the thoughts of his*  
*heart might be forgiven him.* O then ne-  
ver slight heart-evils! for by these God  
is highly wronged and provoked, and  
for this reason let every Christian make  
it his work to keep his heart with all di-  
ligence.

2. *The sincerity of our Profession*  
depends much upon the care and Con-  
science we have in keeping our hearts;  
for it's most certain that a man is but an  
hypocrite in his Profession how curious  
soever he be in the externals of Religion,  
that is heedless and careless of the frame  
of his heart; you have a pregnant in-  
stance of this in the case of *John, 2 Kings*

10. 31. *But Jehu took no heed to walk in the wayes of the Lord God of Israel with his heart.* That Context gives us an account of the great service perform'd by *Jehu* against the house of *Ahab* and *Baal*, as also of a great temporal reward given him by God for that Service, even that his children to the fourth Generation should sit upon the throne of *Israel*. And yet in these words *Jehu* is censured for an Hypocrite; though God approved and rewarded the work, yet he abhorred and rejected the person that did it as hypocritical: and wherein lay his hypocrisie? but in this, that he took no heed to walk in the wayes of the Lord with his heart, (i. e.) he did all insincerely, and for self-ends; and though the work he did were materially good, yet he not purging his heart from those unworthy self-desigs in doing it, was an hypocrite: And *Simon* of whom we spake before, though he appeared such a person that the Apostle could not regularly refuse him, yet his hypocrisie was quickly discovered: and what discovered it? but this, that though he professed and associated himself with the Saints, yet he was a stranger to the mortification of heart-sins: *Thy heart is not right with*

## 22 The sincerity of Profession; &c.

God, *Matth. 23. 28.*—Tis true, there is a great difference among Christians themselves, in their diligence and dexterity about heart-work; some are more conversant and successful in it than others are; but he that takes no heed to his heart, he that is not careful to order it aright before God, is but a Hypocrite, *Ezek. 33. 31, 32.* And they come unto thee as the people cometh, and sit before thee [as my people] and they hear thy words, but they will not do them; for with their mouth they shew much blame, but their heart goes after their covetousness. Here were a company of formal Hypocrites; as is evident by that expression [as my people] like them, but not of them: and what made them so? their outside was fair, here were reverent postures, high professions, much seeming joy and delight in Ordinances, thou art to them as a lovely Song; yea, but for all that, they kept not their hearts with God in those duties, their hearts were commanded by their lusts, they went after their covetousness; had they kept their hearts with God, all had been well, but not regarding which way their hearts went in duty; there lay the coar of their hypocrisy.

*Object.* If any upright Soul should  
hence

Hence infer, then I am an hypocrite & so,  
for many times my heart departs from  
God in duty, do what I can, yet I can-  
not hold it close with God.

*Sol.* To this I answer, the very Ob-  
jection carries in it its own Solution:  
Thou sayest, do what I can, yet I cannot  
keep my heart with God. Soul, if thou  
doubt what thou canst, thou hast the bles-  
sing of an upright; though God sees  
good to exercise thee under the affliction  
of a discomposed heart. There remains  
still some wildness in the thoughts and  
fancies of the best to humble them; but  
if you find a care before to prevent  
them, and opposition against them when  
they come, grief and sorrow afterwards;  
you will find enough to clear you from  
reigning hypocrisy. (1) This fore-care  
is seen partly in laying up the word in  
thine heart to prevent them *Psal. 119. 11.*  
*Thy Word have I hid in mine heart, that I*  
*might not sin against thee*: partly in our  
endeavours to engage our hearts to God,  
*Jer. 30. 21.* and partly in begging pre-  
venting Grace from God in our on-sets  
upon duty, *Psal. 119. 36, 37.* 'tis a good  
sign where this care goes before a duty.  
And (2) 'tis a sweet sign of upright-  
ness to oppose them in their first rise,

## 24. The beauty of the Conversation

*Psal. 119. 113. I hate vain thoughts. Gal. 5. 17. The Spirit lusteth against the flesh.*  
And (3) Thy after-grief discovers thy upright heart; if with *Hezekiah* thou art humbled for the evils of thy heart, thou hast no reason from these disorders to question the integrity of it; but to suffer sin to lodg quietly in the heart, to let thy heart habitually and uncontrolledly wander from God, is a sad and dangerous symptom indeed.

3. The beauty of our Conversation arises from the heavenly frames, and holy order of our spirits; there is a spiritual lustre and beauty in the Conversation of Saints, *The righteous is more excellent than his neighbour*, they shine as the lights of the World; but whatever lustre and beauty is in their lives, comes from the excellency of their Spirits; as the Candle within puts a lustre upon the Lanchorn in which it shines. It is impossible that a disordered and neglected heart should ever produce a well-ordered conversation; and since (as the Text observes) the issues or streams of life flow out of the heart as their fountain, it must needs follow, that such as the heart is, the life will be; hence *1 Pet. 2. 11, 12.*

*Abstain from fleshly lusts — having your*



depends upon keeping the heart. 25

conversation honest, \* or beautiful \* καλῶν  
as the Greek word imports. So

*Isa. 55. 7. Let the wicked forsake his way,  
and the unrighteous man his thoughts.*

His way notes the course of his life, his thoughts the frame of his heart; and therefore since the way and course of his life flows from his thoughts, or the frame of his heart, both or neither will be forsaken: the heart is the womb of all actions, these actions are virtually and feminally contained in our thoughts, these thoughts being once made up into affections, are quickly made out into suitable actions and practises. If the heart be wicked, then as Christ saith, *Matthew 15. 19. Out of the heart proceed evil thoughts, Murders, Adulteries, &c.* Mark the order, first, wanton or revengeful thoughts, then unclean or Murderous practises.

And if the heart be holy or spiritual, then as *David* speaks from sweet experience, in *Psal. 45. 1. My heart is [inditing] a good matter; I speak of the things which [I have made] my tongue is as the pen of a ready writer.* Here's a life richly beautified with good works; some ready made; *I will speak of the things which I have made:* others upon the wheel making

26 *The beauty of the Conversation*

king, my heart is ending, but both proceeding from the heavenly frame of his heart.

But but the heart in frame, and the life will quickly discover that it is so. I think it is not very difficult to discern by the duties and converses of Christians, what frames their spirits are under; take a Christian in a good frame and how serious, heavenly, and profitable will his converses and duties be. What a lovely compassion is he, in during the continuance of it. It would do any ones heart good to be with him at such a time. *Psalm, 37. 36, 37. The mouth of the Righteous speaks wisdom, and his tongue talketh of judgment, the Law of his God is in his heart, his ways are peace, and his paths righteousness.*

When the heart is up with God, and full of God, how dextrously and ingeniously will he wind in spiritual discourses, improving every occasion and advantage to some heavenly purpose, few words run then at the waste spout.

And what else can be the reason, why the discourses and duties of many Christians are become so frothy and unprofitable, in their communion both with God, and one another become as a dry stalk, but because their hearts are neglected,

lected. Surely this must be the reason of it, and verily it is an evil greatly to be bewailed, for as by this Christian-fellowship is become a sapless thing, for the attracting beauty that was wont to shine from the Conversations of the Saints upon the faces and Consciences of the World, (which if it did not allure and bring them in love with the wayes of God; yet at least left a testimony in their Consciences of the excellency of those men and their way) this is in a great measure lost, to the unspeakable detriment of Religion.

Time was when Christians, did carry it at such a rate, that the world stood at a gaze at them, as that word, *1 Pet. 4. 4.* imports, their life and language was of a different strain from others, their tongues discovered them to be *Galileans* where ever they came; but now since vain speculations, and fruitless controversies have so much obtained, and heart-work, practical godliness so much neglected among Professors, the case is sadly altered, their discourse is become like other mens: if they come among you now, they may (to allude to that, *Acts. 2. 6.* *Hear every man speak in his own language.* And truly

truly I have little hope to see this evil redressed, and the credit of Religion again repaired; till Christians fall again to their old work, till they ply heart-work closer: when the salt of heavenly mindedness is again cast into the Spring, the *streams* will run clearer and sweeter.

4. The comfort of our Souls doth much depend upon the keeping of our hearts, for he that is negligent in attending his own heart, is (ordinarily) a great stranger to assurance, and the sweet comforts flowing from it.

Indeed, if the *Antinomian* Doctrine were true, which teaches you to reject all marks and signs for the tryal of your conditions, telling you it is only the Spirit that immediately assures you by witnessing your adoption directly without them, then you might be careless of your hearts, yea, strangers to them, and yet no strangers to comfort: but since both Scripture and experience do confute this dotage, I hope you will never look for comfort in that unscriptural way. I deny not but it is the work and office of the Spirit to assure you, and yet do confidently affirm, that if ever you attain assurance in the ordinary way wherein God dispenses it, you must take pains with

with your own hearts, you may expect your comforts upon easier terms; but I am mistaken, if ever you enjoy them upon any other: *Give all diligence; prove your selves:* this is the Scripture way. I remember Mr. *Roberts* in his Treatise of the Covenant, tells us, That he knew a Christian who in the infancy of his Christianity, so vehemently panted after the infallible assurance of Gods love, that for a long time together he earnestly desired some voyce from Heaven; yea, sometimes walking in the solitary fields, earnestly desired some Miraculous Voice from the Trees and stones there; this, after many desires and longings, was denyed him: but in time a better was afforded in the ordinary way of searching the Word; and his own heart. An instance of the like nature the Learned *Gerson* gives us, Of one that was driven by temptation upon the very borders of desperation, at last being sweetly settled and assured, one asked him, How he attained it? he answered, *Non ex nova aliqua revelatione, &c.* Not by any extraordinary revelation, but by subjecting his understanding to the Scriptures, and comparing his own heart with them. The Spirit indeed assures by witnessing

30 *The joyes of Assurance.*

witnessing our adoption, and he witnesseth  
two wayes. (1) Objectively, (i. e.) by  
working those Graces in our Souls which  
are the Conditions of the Promise, and  
so the Spirit and his Graces in us are all  
one; the Spirit of God dwelling in us, is  
a mark of our adoption. Now the Spi-  
rit cannot be discerned in his essence, but  
in his operations; and to discern these is  
to discern the Spirit; and how these  
should be discerned without serious  
searching and diligent watching of the  
heart, I cannot imagine. (2) The other  
way of the Spirits witnessing is effective-  
ly, (i. e.) by irradiating the Soul  
with a Grace-discovering light, shining  
upon his own work; and this in order  
of nature follows the former work: he  
first infuses the Grace, and then opens  
the eye of the Soul to see it. Now since  
the heart is the subject of that infused  
grace, even this way of the Spirits witnes-  
sing also includes the necessity of  
keeping carefully our own hearts: for  
(1) A neglected heart is so confused and  
dark, that the little grace which is in it  
is not ordinarily discernable: the most  
accurate and laborious Christians, that  
take most pains, and spend most time  
about their hearts, do yet find it  
very



very difficult to discover the pure and genuine workings of the Spirit there: how then shall the Christian which is (comparatively) negligent and remiss about heart-work, be ever able to discover it? Sincerity which is the *quæsitum*, the thing sought for, lies in the heart like a small piece of Gold in the bottom of a River, he that will find it must stay till the water be clear and settled; and then he shall see it sparkling at the bottom; and that the heart may be clear and settled, how much pains and watching care and diligence will it cost?

2. God doth not usually indulge lazy and negligent Souls with the Comforts of Assurance, he will not so much as seem to patronize sloth and carelessness, he will give it, but it shall be in his own way: His Command hath united our care and comfort together; they are mistaken that think the beautiful Child of Assurance may be born without pangs: Ah, how many solitary hours have the people of God spent in heart-examination? How many times have they looked into the Word, and then into their hearts? Sometime they thought they discovered sincerity, and  
were

### 32 *The improvement of Grace*

were even ready to draw forth the triumphant conclusion of Assurance, then comes a doubt they cannot resolve, and dashes all again; many hopes and fears, doubtings and reasonings they have had in their own breasts, before they arrived at a comfortable settlement.

To conclude, Suppose it possible for a careless Christian to attain Assurance, yet its impossible he should long retain it; for it is with those whose hearts are big with the joyes of Assurance, as with a pregnant Woman subject to miscarriages; if extraordinary care be not used, it is a thousand to one if ever she imbrace a living Child: So 'tis here, a little pride, vanity, carelesness, dashes all that for which thou hast been labouring a long time in many a weary duty. Since then the joy of our life, the comfort of our souls, rises and falls without diligence in this work; keep your hearts with all diligence.

5. The improvement of our Graces depends on the keeping of our hearts; I never knew Grace thrive in a negligent and careless Soul; the habits and roots of grace are planted in the heart; and the deeper they are radicated there, the more thriving and flourishing Grace is: in *Eph.*

3. 17. we read of *being rooted in Grace*: Grace in the heart is the root of every gracious word in the mouth, and of every holy work in the hand, *Psal.* 116. 10. *2 Cor.* 4. 13. 'tis true, Christ is the root of a Christian; but Christ is *Origo originans*, the originating root and grace, *Origo originata*, a root originated, planted, and influenced by Christ, according as this thrives under divine influences, so the acts of grace are more or less fruitful and vigorous: Now in a heart not kept with care and diligence, these fructifying influences are stopt and cut off, multitudes of vanities break in upon it, and devour its strength; the heart is as it were the pasture in which multitudes of thoughts are fed every day; a gracious heart diligently kept, feeds many precious thoughts of God in a day, *Psal.* 139. 17. *How precious are thy thoughts to me O God! how great is the sum of them! if I should count them, they are more in number than the sand; and when I awake I am still with thee.* And as the gracious heart feeds and nourishes them, so they refresh and feast the heart, *Psal.* 63. 5, 6. *My soul is filled as with Marrow and fatness whilest I think upon thee, &c.* But in the disregarded heart, swarms of vain and foolish

D                      thoughts

### 34 *The Improvement of Grace, &c.*

thoughts are perpetually working, and juggle out those spiritual Idea's and thoughts of God, by which the Soul should be refreshed.

Besides, the careless heart makes nothing out of any Duty or Ordinance it performs or attends on, and yet these are the Conduits of Heaven from whence Grace is watred and made fruitful: a man may go with an heedless spirit from Ordinance to Ordinance, abide all his dayes under the choicest teachings, and yet never be improved by them; for heart-neglect is a leak in the bottom, no heavenly influences, how rich soever, abide in that Soul, *Matth. 13. 3, 4.* The heart that lies open and common like the High-way, free for all passengers; when the Seed fell on it, the fowls came and devoured it. Alas! it is not enough to hear, unless we take heed how we hear: a man may pray, and never the better, unless we watch unto Prayer. In a word, all Ordinances Means and Duties are blessed unto the improvement of Grace, according to the care and strictness we use in keeping our hearts in them.

6. Lastly, The stability of our souls in the hour of temptation, will be much according

according to the care and Conscience we have of keeping our hearts; the careless heart is an easy prey to Satan in the hour of temptation, his main Batteries are raised against that Fort-royal, the Heart; if he win that, he wins all, for it commands the whole man; and alas, how easy a Conquest is a neglected heart? 'tis no more difficult to surprise it, than for an enemy to enter that City, whose Gates are open and unguarded: 'tis the watchful heart that discovers and suppresses the temptation before it come to its strength. Divines observe this to be the method in which temptations are ripened and brought to their full strength; there is (1) The irri- *ὀρεξις* tation of the object, or that power it hath to work upon and provoke our corrupt nature, which is either done by the real presence of the object, or else by Speculation, when the object (though absent) is held out by the phantasy before the Soul. (2) Then follows the motion of the sensitive appetite, *ὀρεμν* which is stirred and provoked by the phantasy, representing it as a sensual good, as having profit or pleasure in it. (3) Then there is a *βουλῆσις* consultation in the mind a-

bout it, deliberating about the like-  
 liest means of accomplishing  
 it. (4) Next follows the ele-  
 ction or choice of the Will.  
 εἰρησις (5) And lastly, The desire  
 βούλημα of full engagement of the  
 Will to it; all this may be done in a  
 few moments, for the debates of the  
 Soul are quick, and soon ended: when  
 it comes thus far, then the heart is won,  
 Satan hath entered victoriously, and dis-  
 played his Colours upon the Walls of  
 that Royal Fort; but had the Heart  
 been well guarded at first, it had never  
 come to this height; the temptation had  
 been stopt in the first or second act; and  
 indeed there it's stopt easily, for it is in  
 the motions of a tempted Soul to Sin;  
 as in the motion of a Stone falling from  
 the brow of an Hill, its easily stopt at  
 first, but when once its set a going *Vires*  
*acquiris eundo*: and therefore its the  
 greatest Wisdome in the World to ob-  
 serve the first motions of the heart, to  
 check and stop sin there: the motions  
 of sin are weakest at first; a little care  
 and watchfulness may prevent much  
 mischief now, which the careless heart  
 not heeding, is brought within the power  
 of temptation; as the *Syrians* were  
 brought



brought blindfold into the midst of *Samaria*, before they knew where they were.

By this time Reader, I hope thou art fully satisfied how consequential and necessary a work the keeping of thy heart is, it being a duty that wraps up so many dear interests of the Soul in it.

3. Next, According to the method propounded, I proceed to point out those special Seasons in the life of a Christian, which require and call for our utmost diligence in keeping the heart: for though (as was observed before) the Duty binds *ad semper*, and there be no time or condition of life in which we may be excused from this work; yet there are some signal seasons, Critical hours, requiring more than a common vigilance over the heart.

And the first,

1. *Season.* "Is the time of prosperity, when Providence smiles upon us, and dandles us upon her knee. Now Christian, keep thy heart with all diligence; for now 'twill be exceeding apt to grow secure, proud and earthly, *Rara virtus est humilis honorata* (saith Bernard) to see a man humble under prosperity, is one  
"of

### 38 *How the Heart is kept from Pride.*

“ of the greatest rarities in the World.

“ Even a good *Hezekiah* could not hide

“ a vain-glorious temper under this tem-

“ ptation, and hence that Caution to

“ *Israel*, Deut. 6. 10, 11, 12. And it shall

“ be when the Lord thy God shall have

“ brought thee into the Land which he swore

“ to thy Fathers, to Abraham, Isaac, and

“ Jacob, to give thee great and goodly Cities

“ which thou buildest not, and houses full of

“ all good things which thou filledst not, &c.

“ Then beware lest thou forget the Lord,

“ and indeed so it fell out, for *Jesurun* wax-

“ ed fat and kicked, Deut. 32. 15.

Now then the first Case will be this, viz.

1. Case. *How a Christian may keep his heart from Pride and carnal security under the smiles of providence, and confluence of Creature comforts?*

There are seven choice helps to secure the heart from the dangerous snares of prosperity, the first is this,

1. To consider the dangerous insnaring temptations attending a pleasant and prosperous condition: few, yea very few of those that live in the pleasures and prosperity of this world, escape everlasting perdition, Matth. 19. 24. 'tis easier (saith Christ) for a Camel to pass through the eye of a needle, than for a rich man to enter into the Kingdom of Heaven,

and security in a prosperous state. 39

Heaven, and 1 Cor. 1. 26. not many mighty, not many noble are called. It might justly make us tremble when the Scripture tells us in general, that few shall be saved, much more when it tells us, that of that rank and sort of which we are, but few shall be saved. When *Joshuah* called all the Tribes of *Israel* to lot upon them for the discovery of *Achan*, doubtless *Achan* feared; when the Tribe of *Judah* was taken, his fear increased; but when the family of the *Zarhites* was taken, it was time then to tremble. So when the Scripture comes so near as to tell us that of such a sort of men very few shall escape, 'tis time to look about: *miror si potest servari aliquis rectorum*, saith *Chrysostome*, I should wonder if any of the *Rulers* be saved. O how many have been Coached to Hell in the Chariots of earthly pleasures, whilest others have been whipt to Heaven by the rod of affliction? how few, like the Daughter of *Tyre*, come to Christ with a gift! how few among the rich intreat his favour.

2. It may yet keep us more humble and watchful in prosperity, if we consider that among Christians many have been much the worse for it; How good had it been for some of them if they had never known  
prof-

40 *How the Heart is kept from pride,*  
prosperity: when they were in a low  
condition, how humble, spiritual and  
heavenly were they; but when advanced,  
what an apparent alteration hath  
been upon their spirits; 'twas so with  
*Israel* when they were in a low condition  
in the Wilderness; then *Israel* was,  
*Holiness to the Lord, Jer. 2. 23.* but  
when they came into *Canaan*, and were  
fed in a fat Pasture, then, *We are Lords,*  
*we will come no more unto thee, ver. 31.*  
outward gains are ordinatily attended  
with inward losses, as in a low condition,  
their civil employments were wont  
to have a tang and savour of their duties,  
so in an exalted condition, their Duties  
commonly have a tang of the World.  
He indeed is rich in Grace, whose Graces  
are not hindred by his Riches, there  
are but few *Jehosaphats* in the World, of  
whom its said, *2 Chron. 17. 5, 6. He had*  
*silver and gold in abundance, and his heart*  
*was lifted up in the way of Gods commands:*  
Will not this keep thy heart humble in  
prosperity, to think how dear many god-  
ly men have paid for their riches, that  
through them they have lost that which  
all the World cannot purchase. Then in  
the next place.

3. Keep down thy vain heart by this  
Con-

Consideration. *That God values no man a jot the more for these things.* God values no man by outward excellencies, but by inward Graces, they are the internal ornaments of the Spirit, which are of great price in Gods eyes, 1 Pet. 3. 4. he despises all worldly glory and accepts no mans person, *but in every Nation, he that feareth God, and worketh righteousness, is accepted of him,* Acts 10. 35. Indeed if the Judgment of God went by the same rule that mans doth, we might value our selves by these things, and stand upon them: but as one said (when dying) I shall not appear before God as a Doctor, but as a Man; *tantum quisquis est, quantum est apud Deum.* So much every man is, and no more, as he is in the judgment of God. Doth thy Heart yet swell? and will neither of the former considerations keep it humble.

4. Then fourthly, Consider *how bitterly many persons have bewailed their folly when they came to dye, that ever they set their hearts upon these things, and heartily wish that they had never known them.* What a sad story was that of *Pius Quintus*, who dying, cried out despairingly, When I was in a low condition, I had some hopes of Salvation, but when I was advanced

42 *How the Heart is kept humble*

to be a *Cardinal*, I greatly doubted it, but since I came to the *Popedome*, I have no hope at all. *Mr. Spencer* also tells us a real, but sad story, of a rich oppressor, who had scraped up a great estate for his only Son; When he came to dye, he called his Son to him, and said, Son, Do you indeed love me? the Son answered, That nature, besides his paternal indulgence, obliged him to that; then said the Father express it by this, hold thy finger in the Candle as long as I am saying a *Pater Noster*; the Son attempted, but could not endure it; upon that the Father brake out into these expressions, Thou canst not suffer the burning of thy finger for me, but to get this wealth, I have hazarded my Soul for thee, and must burn body and Soul in Hell for thy sake, thy pains would have been but for a moment, but mine will be unquenchable fire.

5. The heart may be kept humble by considering of what a clogging nature earthly things are to a soul heartily engaged in the way to Heaven, they shut out much of heaven from us at present, though they may not shut us out of Heaven at last. If thou consider thy self under the notion of a stranger in this world, traveling



ing for Heaven, and seeking a better Country, thou hast then as much reason to be taken and delighted with these things, as a weary Horse bath with a heavy Cloak-bag: there was a serious truth in that Atheistical scoff of *Julian*, when he took away the Christians estates and told them, it was to make them fitter for the Kingdom of Heaven.

6. Is thy Spirit for all this flatulent and lofty, then urge upon it *the consideration of that awful day of reckoning, wherein according to our receipts of mercies shall be our accounts for them*: And methinks this should awe and humble the vainest heart that ever was in the breast of a Saint. Know for certain, that the Lord records all the mercies that ever he gave thee, from the beginning to the end of thy life, *Micah 6. 5. Remember O my people, from Shittim unto Gilgal, &c.* Yea, they are exactly numored, and recorded, in order to an account; and thy account will be suitable, *Luke 12. 48. To whomsoever much is given, of him much shall be required.* You are but Stewards, and your Lord will come to take an account of you; and what a great account have you to make who have much of this World in your hands; what swift  
wit-

# 44 *How the Heart is kept humble*

witnesses will your enemies be against you, if this be the best fruit of them?

7. It is a very humbling consideration, *That the mercies of God should work otherwise upon my spirit than they use to do upon the Spirits of others, to whom they come as sanctified Mercies from the love of God.* Ah Lord! What a sad consideration is this? enough to lay me in the dust: when I consider (1) that their mercies have greatly humbled them; the higher God hath raised them, the lower they have laid themselves before God. Thus did *Jacob* when God had given him much substance, *Gen. 32. 5, 10.* And *Jacob* said, *I am not worthy of the least of all thy mercies, and all the truth which thou hast shewed thy servant; for with my staff I passed over this Jordan, and now am become two Bands.* And thus it was with holy *David*, *2 Sam. 7. 18.* When God had confirmed the promise to him, to build him an house, and not reject him as he did *Saul*, he goes in before the Lord and saith, *Who am I? and what is my Fathers house, that thou hast brought me hitherto? and so indeed God required, Deut. 26. 5.* when *Israel* was to bring to God the first fruits of *Canaan*, they were to say, *A Syrian ready to perish was my father*

th  
fo  
ra  
an  
is  
th  
an  
fo  
26  
of  
fly  
sw  
his  
me  
So  
hin  
he  
con  
the  
(3)  
ing  
So  
So  
ved  
the  
me  
An  
ma  
Go  
ma

ther, &c. Do others raise God the higher for raising them? and the more God raises me, the more shall I abuse him and exalt my self? O what a sad thing is this! (2) Others have freely ascribed the glory of all their enjoyments to God, and magnified not themselves, but him, for their mercies: So David, 2 Sam. 26. 26. *Let thy name be magnified, and the house of thy servant be established.* He doth not fly upon the mercy, and suck out the sweetness of it, looking no farther than his own comfort; no, he cares for no mercy except God be magnified in it. So Psal. 18. 2. when God had delivered him from all his enemies, *the Lord (saith he) is my strength, and my rock; he is become my Salvation.* They did not put the Crown upon their own heads as I do. (3) The mercies of God have been melting mercies unto others, melting their Souls in love to the God of their mercies. So Hannah, 1 Sam. 2. 1. when she received the mercy of a Son, my Soul (saith she) rejoyceth in the Lord, not in the mercy, but in the God of the mercy: And so Mary, Luke 1. 46. *My Soul doth magnify the Lord, my Spirit rejoyceth in God my Saviour;* the Word signifies, to make more room for God: Their hearts were

46 *The heart kept from despondency*

were not contracted, but the more enlarged to God: (4) the mercies of God have been mighty restraints to keep others from sin. So *Ezra 9. 13.* *Seeing thou our God hast given us such a deliverance as this, should we again break thy Commandments?* ingenious Souls have felt the force of the obligations of love, and mercy upon them: (5) to conclude, the mercies of God to others have been as Oyle to the wheels of their obedience, and make them fitter for service, *2 Chron. 17. 5.* Now if mercies work contrarily upon my heart, what cause have I to be afraid that they come not to me in love? I tell you this is enough to damp the spirit of any Saint, to see what sweet effects they have had on others, and what sad effects on him.

*2d Season.* The second special Season  
“in the life of a Christian requiring  
“more than a common diligence to keep  
“his heart, is *the time of adversity*; when  
“Providence frowns upon you, and  
“blasts your outward comforts, then  
“look to your hearts, keep them with  
“all diligence from repining against  
“God, or fainting under his hand; for  
“troubles, though sanctified, are troubles still, even Sweet-Bryar, and ho-  
ly

“ly thistle have their prickles. *Jonah*  
 “was a good man, and yet how peevish  
 “was his heart under affliction? *Job*  
 “was the Mirrour of Patience, yet how  
 “was his heart discomposed by trouble?  
 “you will find it as hard to get a com-  
 “posed spirit under great afflictions, as it  
 “is to fix Quicksilver: Oh the hurries  
 “and tumults which they occasion even  
 “in the best hearts! well then, the second  
 “Case will be this.

2. Case. *How a Christian under great afflictions may keep his heart from repining or desponding under the hand of God?* Now there are nine special helps I shall here offer, to keep thy heart in this condition; and the first shall be this, To work upon your hearts this great truth.

1. *That by these cross Providences, God is faithfully pursuing the great design of electing love upon the souls of his people, and orders all these afflictions as means sanctified to that end.*

Afflictions fall not out by *Casualty*, but by *Counsel*. *Job 5. 6. Eph. 1. 11.* by this Counsel of God they are ordained as means of such spiritual good to Saints, *Isa. 27. 9. By this shall the iniquity of Jacob be sarged, &c. Heb. 12. 10. But he for our profit, &c. Rom. 8. 28. All things work together*

48 *The Heart kept from desponding*  
gether for good, they are Gods Workmen  
upon our hearts, to pull down the pride  
and carnal security of them; and being  
so, their nature is changed; they are  
turned into blessings and benefits, *Psal.*  
*119. 71. It is good for me that I have been*  
*afflicted.* And sure then, thou hast no rea-  
son to quarrel with, but rather to ad-  
mire that God should concern himself  
so much in thy good, to use any means  
for the accomplishing of it, *Philip. 3. 11.*  
*Paul could bless God if by any means he*  
*might attain the Resurrection of the dead, my*  
*brethren (saith James, count it all joy when*  
*you fall into divers temptations, 1 Jam. 2. 3.*  
My Father is about a design of Love up-  
on my soul, and do I well to be an-  
gry with him? all that he doth is in  
pursuance of, and reference to some  
eternal glorious ends upon my Soul. O  
tis my ignorance of Gods design, that  
makes me quarrel with him! he saith  
to thee in this case, as to *Peter, What I do*  
*thou knowest not now, but hereafter thou shalt*  
*know it.*

2. *Help.* Though God hath reserved to  
himself a liberty of afflicting his people, yet  
he hath tyed up his own hands by Promise,  
never to take away his loving kindness from  
them. Can I look that Scripture in the  
face



face with a repining discontented Spirit,  
*2 Sam. 7. 14. I will be his father, and he shall  
 be my Son; if he commit iniquity, I will cha-  
 sten him with the rod of men, and with the  
 stripes of the children of men: nevertheless  
 my mercy shall not depart away from him.*

O my heart; my haughty heart; dost  
 thou well to be discontented, when God  
 hath given thee the whole tree, with all  
 the clusters of comfort growing on it;  
 because he suffers the wind to blow down  
 a few leaves? Christians have two sorts  
 of goods, the goods of the throne, and  
 the goods of the foot-stool; Moveables  
 and immoveables; if God have secured  
 these, never let my heart be troubled at  
 the loss of those: indeed, if he had cut  
 off his love, or dis-covenanted my soul,  
 I had reason to be cast down; but this he  
 hath not, he cannot do.

3. *Help.* It is of marvellous efficacy to  
 keep the heart from sinking under af-  
 fliction, to call to mind; that thine own fa-  
 ther hath the ordering of them: not a Crea-  
 ture moves hand or tongue against thee,  
 but by his permission. Suppose the cup  
 be a bitter cup, yet 'tis the cup which thy  
 Father hath given thee to drink, and  
 canst thou suspect poison to be in that  
 cup which he delivers thee? foolish man,

E

put

50 *The heart kept from desponding*

put home the case to thine own heart; consult with thine own bowels; canst thou find in thy heart to give thy Child that which would hurt and undo him? no, thou wouldst as soon hurt thy self as him; *If thou then being evil, knowest how to give good gifts to thy Children,* how much more doth God, *Matth. 7. 11.* the very consideration of his nature, a God of love, pity, and tender mercies, or of his relation to thee, as a father, husband, friend; might be security enough, if he had not spoken a word to quiet thee in this case: and yet you have his word too, *Jer. 25. 6. I will do you no hurt.* You lye too near his heart to hurt you, nothing grieves him more than your groundless and unworthy suspicions of his designs do; would it not grieve a faithful tender-hearted Physician, when he hath studied the case of his Patient, prepared the most excellent Receipts to save his life, to hear him cry out; Oh he hath undone me, he hath poisoned me; because it gripes and pains him in the operation? O when will you be ingenuous!

4. *He p. God respects you as much in a low, as in a high condition; and therefore it need not so much trouble you to be made low; nay, to speak home, he manifests more*  
of

of his love, grace, and tenderness, in the time of affliction than prosperity : as God did not at first chuse you because you were high, so he will not forsake you because you are low : men may look shie upon you, and alter their respects as your condition is altered : when Providence hath blasted your estates, your Summer friends may grow strange, as fearing you may be troublesome to them, but will God do so? No, no, *I will never leave thee nor forsake thee, Heb. 13. 5.* indeed if adversity and poverty could bar you from access to God, it were a sad condition ; but you may go to God as freely as ever, *My God* (saith the Church) *will hear me, Micah 7.* Poor David, when stript out of all earthly comforts, could yet encourage himself in the Lord his God, and why cannot you? Suppose your husband or child had lost all at Sea, and should come to you in raggs ; could you deny the relation? or refuse to entertain him? if you would not, much less will God : Why then are you so troubled? though your condition be changed, your fathers love and respects are not changed.

5. Help. *And what if by the loss of outward comforts, God will preserve your Souls*

52 *The heart kept from desponding*

*from the ruining power of temptation; sure then, you have little cause to sink your hearts, by such sad thoughts about them. Are not these earthly enjoyments, the things that make men shrink and warp in times of tryal; for the love of these many have forsaken Christ in such an hour, Matth. 19. 22. he went away sorrowful, for he had great possessions: and if this be Gods design; what have I done in quarrelling with him about it. We see Mariners in a storm, can throw overboard rich Bayles of Silk, and precious things, to preserve the vessel and their lives with it, and every one saith, they act prudently; we know 'tis usual for Souldiers in a City besieged, to batter down or burn the fairest buildings without the Walls in which the enemy may shelter in the siege; and no man doubts but 'tis wisely done: such as have gangrened legs or arms, can willingly stretch them out to be cut off, and not only thank, but pay the Chyrurgion for his pains; and must God only be repined at? for casting over what would sink you in a storm? for pulling down that which would advantage your enemy in the siege of temptation; for cutting off what would endanger your everlasting life? O inconsiderate, ingrateful*

grateful man ! are not these things for which thou grievest, the very things that have ruined thousands of souls ? Well, what Christ doth in this, thou knowest not now, but hereafter thou mayest.

6. *Help.* It would much stay the heart under adversity, to consider, *That God by such humbling providences, may be accomplishing that for which you have long prayed, and waited :* And should you be troubled at that : say Christian, hast thou not many prayers depending before God upon such accounts as these ; that he would keep thee from sin ; discover to thee the emptiness and insufficiency of the Creature ? that he would kill and mortify thy lusts, that thy heart may never find rest in any enjoyment but Christ ? why now, by such humbling and impoverishing strokes, God may be fulfilling thy desire : Wouldst thou be kept from sin ? lo, *he hath hedged up thy way with thorns :* Wouldst thou see the Creatures vanity ; thy affliction is a fair glass to discover it ; for the vanity of the creature is never so effectually and sensibly discovered, as in our own experience of it : wouldst thou have thy corruptions mortified ? this is the way : Now God takes away the food and fuel that maintained them ; for as



54 *The heart kept from desponding*

prosperity begat and fed them, so adversity, when sanctified, is a means to kill them. Wouldst thou have thy heart to rest no where but in the bosom of God? what better way canst thou imagine providence should take to accomplish thy desire, than by pulling from under thy head, that soft pillow of creature-delights on which thou restedst before? and yet thou fret at this, peevish child, how dost thou exercise thy Fathers patience! if he delay to answer thy Prayers, thou art ready to say he regards thee not; if he do that which really answers the scope and main end of them, but not in the way thou expectedst, thou quarrelledst with him for that; as if instead of answering, he were crossing all thy hopes and aims; is this ingenious? is it not enough that God is so gracious to do what thou desirest, but thou must be so impudent to expect he should do it in the way which thou prescribest?

7. *Help.* Again it may stay thy heart, if thou consider; *That in these troubles, God is about that work, which if thou didst see the design of, thy Soul would rejoice.* We poor creatures are bemisted with much ignorance, and are not able to discern how particular Providences work towards



towards Gods end; and therefore like *Israel* in the Wilderness, are often murmuring because Providence leads us about in a howling desert, where we are exposed to straits; though yet, then he led them, and is now leading us, *by the right way, to a City of habitations*: if you could but see how God in his secret Counsel hath exactly laid the whole plot and design of thy Salvation; even to the smallest means and circumstances, this way, and by these means; such a one shall be saved, and by no other; such a number of afflictions I appoint for this man, at this time, and in this order; they shall befall him, thus, and thus they shall work for him; could you I say, but discern the admirable harmony of divine dispensations, their mutual relations to each other; together with the general respect and influence they all have into the last end; of all the conditions in the World, you would chuse that you are now in; had you liberty to make your own choice. Providence is like a curious piece of Arras, made up of a thousand shreds; which single we know not what to make of, but put together and sticht up orderly, they represent a beautiful history to the eye: as Gods works

56 *The heart kept from despondency*

all things according to the Counsel of his own will, So that counsel of God hath ordained this, as the best way to bring about thy Salvation: such a one hath a proud heart, so many humbling Providences I appoint for him, such a one an earthly heart; so many impoverishing providences for him: Did you but see this, I need say no more to support the most dejected heart.

8. *Help.* Farther, it would much conduce to the settlement of your hearts to consider, *that by fretting and discontent you do your selves more injury than all the afflictions you lye under could do;* Your own discontent is that which arms your troubles with a sting, 'tis you that make your burthen heavy, by struggling under it: could you but lye quiet under the hand of God, your condition would be much easier and sweeter than it is: *impatiens agrotus crudelem facit Medicum.* This makes God lay on more strokes, as a Father will upon a stubborn child that receives not correction.

Besides, it unfits the Soul to pray over its troubles; or take in the sense of that good which God intends by them: affliction is a pill, which being wrapt up in patience, and quiet submission, may be easily

easily swallowed; but discontent chews the pill, and so embitters the soul: God throws away some comfort which he saw would hurt you, and you will throw away your peace after it; he shoots an arrow which sticks in your cloaths, and was never intended to hurt, but only to fright you from sin: and you will thrust it onward to the piercing of your very hearts, by despondency and discontent.

9. *Help.* Lastly, if all this will not do, but thy heart (like *Rachel*) still refuses to be comforted, or quieted, then consider one thing more; which if seriously pondered, will doubtless do the work; and that is this: *Compare the condition thou art now in (and art so much dissatisfied with) with that condition others are, and thy self deserveest to be in:* Others are roaring in flames, howling under the scourge of vengeance, and amongst them I deserve to be. O my Soul! is this hell? is my condition as bad as the damned? O what would thousands now in Hell, give to change conditions with me? It is a famous instance which *Doctor Taylor* gives us of the Duke of *Condey*, I have read *Great Ex-* (saith he) that when the Duke *emp. p. 310.* of *Condy* had entred voluntarily into the incommodities of a religious poverty,

poverty, he was one day espyed and pityed by a Lord of *Italy*, who out of tenderness, wished him to be more careful and nutritive of his person: the good Duke answered, Sir, be not troubled; and think not that I am ill provided of conveniences: for I send an *Harbinger* before me, who makes ready my lodgings, and takes care that I be royally entertained. The Lord asked him, Who was his *Harbinger*? He answered, The knowledge of my self, and the consideration of what I deserve for my sins, which is eternal torments; and when with this knowledge I arrive at my lodging, how unprovided toever I find it; methinks it is ever better than I deserve. *Why doth the living man complain?* and thus the heart may be kept from desponding or repining under adversity.

○3. *Season.* The third Season calling "for more than ordinary diligence to keep the heart," is the time of Sions trouble: when the Church, like the ship in which Christ and his Disciples were, is oppressed and ready to perish in the waves of persecution, then good Souls are ready to sink and be shipwrecked too upon the billows of their own fear. I confess most men rather need the spur, than

“than the reyns in this case, and yet  
 “some sit down as overweighed with  
 “the sence of the Churches troubles; the  
 “loss of the *Ark* cost old *Eli* his life,  
 “the sad posture *Jerusalem* lay in, made  
 “good *Nehemiabs* countenance change in  
 “the midst of all the pleasures and accom-  
 “modations of the Court, *Neh. 2. 2.* ah this  
 “goes close to honest hearts!

“But though God allow, yea, com-  
 “mand the most awakened apprehen-  
 “sions of these calamities, and in such  
 “a day call to mourning, weeping and gird-  
 “ing with sackcloth, *Is. 22. 12.* and severely  
 “threatens the insensible, *Amos 6. 1.* yet  
 “it will not please him to see you sit  
 “like pensive *Elijah* under the Juniper  
 “tree, *1 Kings 19. 4.* Ah Lord God! it is  
 “enough, take away my life also: no,  
 “mourners in *Sion* you may, and ought  
 “to be; but self-tormentors you must  
 “not be; complain to God you may,  
 “but to complain of God (though but  
 “by an unsuitable carriage and the lan-  
 “guage of your actions) you must  
 “not.

3. Case. The third Case that comes  
 next to be spoken to is this, *How publick*  
*and tender hearts may be relieved and sup-*  
*ported when they are even overweighed with*  
 the



60 *How to support the heart*

*the burdensome sense of Sions troubles? "I grant, it is hard for him that preferreth Sion to his chief joy, to keep his heart that it sink not below the due sense of its troubles; and yet thisought and may be done by the use of such heart-establishing directions as these.*

*1. Direct. Settle this great truth in your hearts, that no trouble befalls Sion, but by the permission of Sions God; and he permits nothing out of which he will not bring much good at last to his people.*

*There is as truly a principle of quietness in the permitting, as in the commanding will of God. See it in David, 2 Sam. 16. 10. Let him alone, it may be God hath bidden him: and in Christ, Joh. 19. 11. Thou couldst have no power against me except it were given thee from above, it should much calm our spirits, that it is the will of God to suffer it; and had not he suffered it, it could never have been as it is.*

*This very consideration quieted Job, Eli, David, and Hezekiah, that the Lord did it, was enough to them: and why should it not be so to us? if the Lord will have Sion plowed as a field, and her goodly stones lye in the dust; if it be his pleasure that Antichrist shall rage yet longer, and wear*



wear out the Saints of the most high; if it be his will, that a day of trouble and of treading down, and of perplexity by the Lord God of Hosts shall be upon the Valley of Vision, that the wicked shall devour the man that is more righteous than he, what are we that we should contest with God? fit it is, that we should be resigned up to that will whence we proceeded; and he that made us should dispose of us as he pleaseth: he may do what seemeth him good without our consent: doth poor man stand upon equal ground, that he should capitulate with his Creator, or that God should render him an account of any of his matters? it's every way as reasonable we be content however God dispose of us, as that we be obedient to whatsoever he commands us.

But then, if we pursue this Argument further, by considering that Gods permissions do all meet at last in the real good of his people, this will much more quiet our spirits. Do the enemies carry away the good Figs, even the best among the people into Captivity? this looks like a sad providence: but yet, God sends them thither for their good, *Jer. 24. 5.* doth God take the *Assyrian* as a staff

62 *How to support the heart*

staff in his hand to beat his people with ? those blows are smart, and make them cry ; but the end of his so doing is, *that he may accomplish his whole work upon Mount Sion, Isa. 10. 12.* If God can bring much good out of the worst, and greatest evil of sin ; much more out of temporal afflictions, and it is as evident that he will, as that he can do so. For it is inconsistent with the Wisdome of a common Agent, to permit any thing (which he might prevent if he pleased) to cross his great design and end ; and can it be imagined that the most wise God should do so.

Well then, as *Luther* told *Melancthon*, *desinat Philippus esse rector mundi* : so say I to you, let infinite wisdom, power and love alone ; for by these all Creatures are swayed, and actions guided, in reference to the Church. Its none of our work to rule the World, but to submit to him that doth, *non cæco impetu voluntur rota*, the motions of Providence are all judicious, the Wheels are full of eyes : it is enough that the affairs of Sion are in a good hand.

2. *Direct.* Ponder this heart-supporting truth, in reference to Sions trouble. *That how many troubles forever are upon her, yet her King is in her.*

What ?

What? Hath the Lord forsaken his Churches? hath he sold them into the enemies hand? doth he not regard what evil befalls them? that our hearts sink at this rate? is it not too shameful an undervaluing of the great God? and too much magnifying of poor impotent man to fear and tremble at Creatures, whilest God is in the midst of us? The Churches enemies are many and mighty, let that be granted; yet that Argument with which *Caleb* and *Joshua* strove to raise their own hearts, is of as much force now as it was then: *The Lord is with us, fear them not, Numb. 14.9.* The *Historian* tells us, that when *Antigonus* over-heard his souldiers reckoning how many their enemies were, and so discouraging one another; he suddenly steps in among them with this Question, *and how many* (said he) *do you reckon me for?* discouraged souls? How many do you reckon the Lord for? is he not an overmatch for all his enemies? is not one Almighty more than many mighties? doth his presence stand for nothing with us? *If God be for us, who can be against us? Rom. 8. 31.* What think you was the reason of that great Exploration *Gideon* made in *Judges 6.* He questions, ver. 12, 13. he desires

desires a sign, v. 17. and after that another, ver. 36. and what was the end of all this? but that he might be sure the Lord was with him, and that he might but write this Motto upon his Ensign, *The Sword of the Lord, and of Gideon*. So then, if you can be well assured, the Lord is with his people, you will get thereby above all your discouragements; and that he is so, you need not (with him) desire a sign from Heaven, lo, you have a sign before you, even their marvellous preservation amidst all their enemies. If God be not with his people, how is it they are not swallowed up quick? Do their enemies want malice, power, or opportunity? no, but there is an invisible hand upon them. Well then, as it is, *Exod. 33. 14*, Let his presence give us rest; and though the mountains be hurled into the Sea, though Heaven and Earth mingle together; fear not, God is in the midst of her; she shall not be moved.

3. *Direct.* Ponder the great advantages attending the People of God in an afflicted condition. If a low and an afflicted state in the World be really best for the Church, then your dejections are not only irrational, but ungrateful: indeed, if ye estimate the happiness of the Church by its worldly

Worldly ease, splendor and prosperity, then such times will seem bad for it; but if you reckon its glory to consist in its humility, faith, patience, and heavenly mindedness, no condition in the World abounds with advantages for these as an afflicted condition doth. It was not persecutions and prisons, but worldliness and wantonness that was the poison of the Church; neither was it the earthly glory of its *Professors*, but the blood of its *Martyrs* that was the seed of the Church. The power of godliness did never thrive better than in *affliction*, and never ran lower than in times of greatest *prosperity*; when we are left a poor and an afflicted people, then we learn to trust in the Name of the Lord, *Zeph. 3. 12*. What say ye Sirs? Is it indeed for the Saints advantage to be weaned from the loves and delights of ensnaring worldly vanities? to be quickned and prickt forward with more hast to Heaven, to have clearer discoveries of their own hearts, to be taught to pray more fervently, frequently, (spiritually, to look and long for the Rest to come, more ardently? if this be for their advantage, experience teacheth us, that no condition is ordinarily blest with such fruits as these, like an afflicted Condition,

F

And

66 *How to support the heart*

And is it well done then to repine and droop because your father consults more the advantage of your souls, than the pleasing of your humours? because he will bring you a nearer way to Heaven than you are willing to go? Is this a due requital of his love, who is pleased so much to concern himself in your welfare? which is more than he will do for thousands in the World, upon whom he will not lay a Rod, or spend an affliction for their good, *Hos. 4. 17. Matth. 15. 14.* But alas! We judg by sense, and reckon things good or evil, according to what we for the present can taste and feel in them.

4. Direct. *Take heed that you overlook not the many precious mercies which the people of God enjoy amidst all their trouble.*

'Tis pity that our tears upon the account of our troubles, should so blear and blind our eyes, that we should not see our mercies and grounds of comfort. I will not insist upon the mercy of having your lives given you for a prey, nor yet upon the many outward comforts, temporal conveniences, and accommodations, which you enjoy even above what Christ and his precious servants, of whom the world was not worthy, ever had.

*But*



But what say you to pardon of sin? interest in Christ? the Covenant of Promises? and an eternitie of happiness in the presence of God after a few dayes are over? O that ever a people intitled to such mercies as these, should droop under any temporal affliction, or be so much concerned for the frowns of men, and loss of trifles! You have not the smiles of great men, but you have the favour of the great God: You are it may be cast back in your estates, but thereby farthered in spirituals. You cannot live so bravely, plentifully, and easily as before, but still you may live as holy and heavenly as ever. Will you then grieve so much for the *circumstantials*, as to forget your *substantials*? shall light troubles make you forget weighty mercies? Remember the Churches true Riches are laid out of the reach of all its enemies: they may make you poor, but not miserable. What though God do not distinguish in his outward dispensations betwixt his own and others? yea, what though his Judgments single out the best, and spare the worst? what though an *Abel* be killed in love, and a *Cain* survive in hatred, a bloody *Dionysius* dye in his bed, and a good *Josiah* fall in Battel? What

68 *How to support the Heart*

though the belly of the wicked be filled with hid Treasures, and the teeth of the Saints broken with Gravel-stones, yet still here is much matter of praise: for electing Love hath distinguished, though common Providence did not, and whilest prosperity and impunity slay the wicked, even slaying and adversity shall benefit and save the righteous.

5. Direct. Believe, that how low soever the Church be plunged under the waters of adversity, it shall assuredly rise again. Fear not, for as sure as Christ arose the third day, notwithstanding the Seal and Watch that was upon him; so sure the Church shall arise out of all her troubles, and lift up its victorious head above all its enemies: there's no fear of ruining that people that thrive by their losses, and multiply by being diminished. O be not too quick to bury the Church before she be dead! stay till Christ hath tryed his skill before you give it up for lost; the Bush may be all in a flame, but shall never be consumed, and that because of the good will of him that dwelleth in the Bush.

6. Direct. Record the famous instances of Gods care and tenderness over his people in former straits. Christ hath not suffered it

it to be devoured yet; for above these 1600 years the Christian Church hath lived in affliction, and yet it is not consumed: many a wave of persecution hath gone over it, and yet it is not drowned; many designs to ruine it, and hitherto none hath prospered: this is not the first time that *Hamans* and *Achitophels* have plotted its ruine; that an *Herod* hath stretcht out his hand to vex it. Still it hath been preserved from, supported under, or delivered out of all its troubles: and is it not as dear to God as ever? is not he as able to save it now as formerly? though we know not whence deliverance should arise, *Yet the Lord knoweth how to deliver the Godly out of temptations*, 2 Pet. 2. 9.

7. *Direct.* If you can fetch no comfort from any of the former Arguments, then in the last place, try whether you cannot draw some comfort out of your very trouble. Surely this trouble of yours is a good argument of your integrity; union is the ground of sympathy, if you had not some rich adventure in that ship, you would not tremble as you do when it is in danger: besides, this frame of spirit may afford you this argument, that if you be so sensible of the Churches troubles,

70 *How to keep the heart from fears*

Jesus Christ is much more sensible of, and sollicitous about it than you can be; and he will cast an eye of favour upon them that mourn for it, *Isa. 57. 18.*

4. *Season.* "The fourth special Season  
"of expressing our utmost diligence in  
"keeping our hearts is the time of danger and publick distraction: in such  
"times the best hearts are but too apt to  
"be surprised by slavish fear, it is not  
"easy to secure the heart against distraction in times of common destruction:  
"if Syria be confederate with Ephraim,  
"how do the hearts of the house of David shake, even as the trees of the wood  
"which are shaken with the wind, *Isa. 7.*  
"2. when there are ominous signs in the  
"heavens, on the earth distress of Nations, with perplexity; the Sea and  
"waves roaring, then the hearts of men  
"fail for fear, and for looking after those  
"things which are coming on the earth  
"Luke 21. 25, 26. even a Paul himself  
"may sometimes complain of fightings  
"within, when there are fears without,  
"2 Cor. 7. 5.

But my Brethren, these things ought not to be so; Saints should be of a more raised Spirit: so was David when his heart was kept in a good frame, *Psal. 27. 1.*

*The*

*In times of common distraction. 71*

The Lord is my light and my Salvation, whom shall I fear? the Lord is the strength of my life, of whom shall I be afraid: let none but the servants of sin be the slaves of fear, let them that have delighted in evil, fear evil, *impius tantum metuit, quantum nocuit.* O let not that which God hath threatned as a Judgment upon the wicked, ever seize upon the breasts of the righteous; I will send (saith God) faintness into their hearts in the land of their enemies, and the sound of a shaking leaf shall chase them, Lev. 26. 36. O what poor spirited men were these, to fly at a shaking leaf! which makes a pleasant, and not a terrible noise, and is in it self a kind of natural mulick; but to a guilty Conscience, the whistling leaves are Drums and Trumpets: but God hath not given us the spirit of fear, but of love, and of a sound mind, 2 Tim. 1. 7. A sound mind as it stands there in opposition to the spirit of fear, is an unwounded Conscience, not infirm'd by guilt: and this should make a man as bold as a Lyon. I know it cannot be said of a Saint, what God spake of *Leviathan*, that he is made without fear: there is a natural fear in every man, and it's as impossible to be wholly put off, as the body it self is: 'tis a per-

72 *How to keep the heart from fears,*  
turbation of the mind, rising from the apprehension of approaching danger; and as long as dangers can approach us, we shall find some perturbations within us. 'Tis not my purpose to commend to you a Stoical apathy, nor yet to take you off from such a degree of cautional preventive fear as may fit you for troubles, and be serviceable to your souls. There is a provident fear that opens our eyes to foresee danger and quickens to a prudent and lawful use of means to prevent it; Such was Jacobs fear, Gen. 32.7, 9, 10, &c. but it is the fear of diffidence. I perswade you to keep your hearts from that Tyrannical passion which invades the heart in times of danger, distracts, weakens, and unfits the heart for duty, drives men upon unlawful means, and brings a snare with it. Well then, *the fourth Case will be this.*

4. Case. "*How a Christian may keep his heart from distracting and tormenting fears in times of great and threatening dangers.*"

Now there are fourteen excellent Rules or helps for the keeping of the heart from sinful fear when eminent dangers threaten us; and the first is this,

1. Rule. *Look upon all the Creatures as*  
in



*in the hand of God, who manages them in all their motions; limiting, restraining, and determining them all at his pleasure.*

Get this great truth well settled by faith in your hearts; it will marvellously guard them against slavish fears, the 1. of *Ezek.* contains an admirable *schem* or draught of Providence; there you may see the living Creatures who move the wheels, *viz.* the great Affairs and turnings of things here below, coming unto Christ, who sits upon the Throne to receive new orders and instructions from him, *ver.* 24. 25, 26. and in *Rev.* 6. you read of white, black, and red Horses, which are nothing else but the Instruments which God employes in executing his Judgments in the World, as Wars, Pestilence and Death; but when these Horses are prancing and trampling up and down the World; here is that may quiet our hearts, that God hath the Reins in his hand. Wicked men are sometimes like mad Horses, they would stamp the people of God under their feet, but that the bridle of Providence is in their lips, *Job.* 19. 11, 12. A Lion at liberty is terrible to meet, but who is afraid of the Lion in the Keepers hand.

2. Rule. Remember that this God in whose

74 *How to keep the heart from fears,*

*whose hand all the Creatures are, is your Father, and is much more tender over you than you are or can be over your selves: He that toucheth you, toucheth the apple of mine eye, Zeck. 2. 8. Let me ask the most timorous woman, whether there be not a vast difference betwixt the sight of a drawn sword in the hand of a bloudy Russian, and the same sword in the hand of her own tender Husband? as great a difference there is in looking upon Creatures by an eye of sense, and looking on them as in the hand of your God by an eye of Faith; that is a sweet Scripture to this purpose, Isa. 54. 5. Thy Maker is thine Husband, the Lord of Hosts is His Name; He is Lord of all the Hosts of Creatures in the World: who would be afraid to pass through an Army, though all the Souldiers should turn their Swords and Guns towards him, if the General of that Army were his friend or Father? I have met with an excellent Story of a religious young man, who being at Sea with many other Passengers in a great storm, and they being half dead with fear, he only was observed to be very chearful, as if he had been but little concerned in that danger; one of them demanding a reason of his chearfulness,*  
*Oh,*

*in times of common distraction. 75*

*Oh, said he, 'tis because the Pilot of the ship is my father. Consider Christ, first as the King and Supream Lord over the Providential Kingdome, and then as your Head, Husband and Friend, and thou wilt quickly say, Return unto thy Rest, O my Soul. This truth will make you cease trembling, and fall a singing in the midst of dangers, Psalm 47. 7. The Lord is King of all the earth, sing ye praise with understanding, or as the Hebrew word is, every one that hath understanding, viz. of this heart-reviving and establishing Doctrine of the Dominion of our Father over all the Creatures.*

*3. Rule. Urge upon your hearts the express prohibitions of Christ in this Case; and let your hearts stand in awe of the violations of them.*

*He hath charged you not to fear, Luke 21. 9. When ye shall hear of Wars and commotions, see that ye be not terrified. And Phil. 1. 28. In nothing be terrified by your adversaries: yea in Matth. 10. 26, 28, 31; and within the compass of six verses, our Saviour commands us thrice, not to fear man. Doth every big word of proud dust and ashes make thee afraid? doth the voice of a man make thee tremble? and shall not the voice of God? If thou  
art*

76 *How to keep the heart from fears,*  
art of such a fearful and timorous spirit;  
how is it that thou fearest not to disobey  
the flat commands of Jesus Christ? Me-  
thinks the command of Christ should  
have as much power to calm, as the voice  
of a poor worm to terrify thy heart, *Isa.*  
*51. 12, 13. I, even I am he that comfort-*  
*eth you, who art thou that thou shouldst be*  
*afraid of a man that shall dye? and of the*  
*Son of man that shall be made as the grass,*  
*and forgettest the Lord thy maker? We*  
cannot fear Creatures sinfully, till we  
have forgotten God; did we remember  
what he is, and what he hath said, we  
should not be of such feeble spirits: bring  
thy heart then to this *Dilemma* in times  
of danger; If I let into my heart the Sla-  
vish fear of man, I must let out the re-  
verential awe and fear of God: and dare  
I cast off the fear of the Almighty  
for the frowns of a man? shall I lift up  
proud dust above the great God? shall I  
run upon a certain sin, to shun a proba-  
ble danger? Oh keep thy heart by that  
consideration.

4. Rule. Remember how much needless  
trouble your vain fears have brought upon  
you formerly, and how you have disquieted  
your selves to no purpose.

*Isa. 51. 13. And hast feared continual-*  
*ly*

*ly because of the Oppressor, as if he were ready to devour, and where is the fury of the Oppressor? He seem'd ready to devour, but yet you are not devoured; I have not brought upon you the thing that ye feared; You have wasted your spirits, disordered your Souls, and weakned your hands, and all this to no purpose. You might have all this while enjoyed your peace, and possessed your souls in patience. And here I cannot but observe a very deep policy of Satan managing a design against the Soul by these vain fears: I call them vain in regard of the frustration of them by Providence, but certainly they are not in vain as to the end Satan aims at in raising them, for herein he acts as Souldiers use to do in the Siege of a Garrison, who on purpose to wear out the besieged by constant watchings, and thereby unfit them to make resistance when they storm it in earnest, do every night give them false Allarms, which though they come to nothing, yet do notably serve this further design of the enemy. O when will you beware of Satans devices?*

5. Rule, Consider solemnly, *That though the things you fear should really fall out, yet there is more evil in your own fear than in the thing feared.* And

## 78 *How to keep the heart from fears*

And that not only as the least evil of sin, is worse than the greatest evil of suffering; but as this sinful fear hath really more torment and trouble in it than is in that condition you are so much afraid of, fear is both a multiplying and a tormenting passion; it represents troubles much greater than they are, and so tortures and wracks the Soul much worse than when the suffering it felt comes. So it was with *Israel* at the red Sea, they cryed out, and were sore afraid till they put foot into the water, and then a passage was opened through those waters which they thought would have drowned them. Thus it is with us, we looking through the glass of carnal fear, upon the waters of trouble, the swellings of *Jordan*, cry out, Oh they are unfordable! we must needs perish in them: but when we come into the midst of those Floods indeed, we find the Promise made good, *God will make a way to escape*, 1 Cor. 10. 13. Thus it was with blessed *Bilney*, when he would make a tryal by putting his finger to the Candle, and not able to endure that, he cryed out, What? cannot I bear the burning of a finger? how then shall I be able to bear the burning of my whole body to morrow? and yet



*in times of common distraction. 79*

yet when that morrow came, he could go cheerfully into the flames with that Scripture in his mouth, *Isa. 43. 1, 2, 3. Fear not, for I have redeemed thee; I have called thee by thy name, thou art mine; when thou passest through the waters, I will be with thee, when thou walkest through the fire thou shalt not be burnt.*

6. Rule. Consult the many precious promises which are written for your support and comfort in all dangers.

These are your Refuges to which you may fly and be safe: *when the arrows of danger fly by night, and destruction wasteth at noon day.* There are particular Promises suited to particular Cases and exigencies, and there are general Promises reaching all Cases and Conditions: such are these, *Rom. 8. 28. All things shall work together for good, &c. And Eccles. 8. 12. Though a sinner do evil an hundred times; and his dayes be prolonged, yet it shall be well with them that fear the Lord, &c. Could you but believe the Promises, your hearts should be established, 2 Chron. 20. 29. Could you but plead them with God, as Jacob did, Gen. 32. 12. Thou saidst, I will surely do thee good, &c. they would relieve you in every distress.*

Object. *But that promise was made personally*

80 *How to keep the heart from fears,*  
*sonally and by name to him, so are not these*  
*to me.*

*Answ.* If Jacobs God be your God,  
you have as good an interest in them as  
he had. The Church a thousand years  
after that transaction betwixt God and  
Jacob, applyed that which God spake to  
him, as if it had been spoken to them-  
selves, *Hos. 12. 1. He found him in Bethel,*  
*and there he spake with us.*

7. Rule. *Quiet your trembling hearts by*  
*recording and consulting your past experien-*  
*ces of the care and faithfulness of God in for-*  
*mer distresses.*

These experiences are food for your  
Faith in a wilderness condition, *Psal. 74.*  
*14.* By this David kept his heart in time  
of danger, *1 Sam. 17. 37.* and Paul his,  
*2 Cor. 1. 10.* It was sweetly answered by  
*Silentiarius*, when one told him, that his  
enemies way-laid him to take away his  
life, *Si Deus mei curam non habet, quid vi-*  
*vo?* if God take no care of me, how have  
I escaped hitherto? you may plead with  
God old experiences to procure new  
ones, for it is in pleading with God for  
new deliverances, as it is in pleading for  
new pardons. Now mark how Moses  
pleads on that account with God, *Numb.*  
*14. 19. Pardon I beseech thee the Iniquity*  
*of*

*In times of common distraction. 81*  
of this people, as thou hast forgiven them  
from Egypt until now. He doth not say as  
men do, Lord this is the first fault, thou  
hast not been troubled before to sign their  
pardon: but Lord, because thou hast  
pardoned them so often; I beseech thee  
pardon them once again. So in new  
straits, Lord thou hast often heard,  
helped and saved, in former fears, there-  
fore now help again, for with thee there  
is plenteous redemption, and thine arm  
is not shortned.

8. Rule. *Be well satisfied that you are in  
the way of your duty, and that will beget holy  
courage in times of danger.*

*Who will harm you, if you be followers of  
that which is good? 1 Pet. 3. 13. Or, if  
any dare attempt it, you may boldly com-  
mit your selves to God in well-doing 1 Pet.  
4. 19. 'Twas this consideration that rai-  
sed Luthers Spirit above all fear: In the  
cause of God (said he) I ever am, and  
ever shall be stout; herein I assume this  
Title, Cedo nulli, a good cause will bear up  
a mans spirit bravely. Hear the saying  
of a Heathen to the shame of cowardly  
Christians: When the Emperour Vespasian  
had commanded Fluidius  
Priscus not to come to the  
Senate, or if he did to speak*

*(bar. of Wis-  
dom. p. 358.*

G

*nothing*

## 82 How to keep the Heart from fears,

nothing but what he would have him; The Senator return'd this noble Answer: That as he was a Senator, it was fit he should be at the Senate; and if being there he were required to give his advice, he would speak freely that which his Conscience commanded him; the Emperour threatening that then he should dye. He answered, Did I ever tell you that I was immortal? Do you what you will, and I will do what I ought; it is in your power to put me to death unjustly, and in me to dye constantly.

Righteousness is a Breast-plate, the Cause of God will pay all your expences, let them tremble whom danger finds out of the way of duty.

9. Rule. Get your Consciences sprinkled with the blood of Christ from all guilt, and that will set your hearts above all fear.

'Tis guilt upon the conscience that softens and cowardizes our spirits: The righteous is bold as a Lyon, Prov. 28. 1. 'Twas guilt in Cains Conscience that made him cry, every one that meets me will slay me; Gen. 4. 14. A guilty Conscience is more terrified with conceited dangers, than a pure Conscience is with real ones. A guilty sinner carries a witness against himself in his own bosom. 'Twas guilty Herod cryed out, John Baptist is risen from

*from the dead.* Such a conscience is the Devils Anvil, on which he fabricates all those Swords and Spears, with which the guilty sinner peirces and wounds himself. Guilt is to danger, what fire is to Gun-powder; a man need not fear to walk among many barrells of powder, if he have no fire about him.

**10. Rule.** *Exercise holy trust, in times of great distress.*

Make it your business to trust God with your lives and comforts, and then your hearts will be at rest about them. So did David, *Psal. 57. 3. At what time I am afraid I will trust in thee*, q. d. Lord, if at any time a storm rise, I will make bold to shelter from it under the Covert of thy wings. Go to God by acts of faith and trust, and never doubt but he will secure you, *Isa. 62. 3. Thou wilt keep him in perfect peace, whose mind is stayed on thee, because he trusteth in thee*; God takes it well when thou comest to him thus; Father, my life, my liberty, or estate are hunted after, and I cannot secure them: O let me leave them in thy hand; *the poor leaveth himself with thee*: and doth his God fail him? no, *Thou art the helper of the fatherless, Psalm. 10. 14. that is, thou art the helper of the destitute one*

## 84 *How to keep the Heart from fears*

that hath none to go to but God. And that is a sweet Scripture, *Psalms 112. 7. He shall not be afraid of evil tydings, his heart is fixed, trusting in the Lord: he doth not say, his ear shall be priviledged from the report of evil tydings, he may hear as sad tydings as other men; but his heart shall be priviledged from the terrour of thole tydings, his heart is fixed.*

**11. Rule.** *Consult the honour of Religion more, and your personal safety less.*

Is it for the honour of Religion, (think you) that Christians should be as timorous as Hares, to start at every sound? will not this tempt the world to think, that whatever you talk, yet your principles are no better than other mens? O what mischief may the discoveries of your fears before them do? 'Twas a noble saying of *Nehemiah*, Chap. 6. 11. *Should such a man as I flee? and who being as I am should flee?* Were it not better you should dye, than that the World should be prejudiced against Christ by your example? for alas! how apt is the World (who judge more by what they see in your practises, than by what they understand of your principles) to conclude from your timorousness, that how much soever you commend Faith, and talk



*in times of common distraction. 85*

talk of Assurance, yet you dare trust to these things no more than they, when it comes to the trial. O let not your tears lay such a stumbling-block before the blind world.

12. Rule. *He that will secure his heart from fear, must first secure the eternal interest of his Soul in the hands of Jesus Christ.*

When this is done, then you may say, *Now world do thy worst.* You will not be very solicitous about a vile body, when you are once assured it shall be well to all eternity with your precious souls. *Fear not them (saith Christ) that can kill the body, and after that have no power that they can do.* The assured Christian may smile with contempt upon all his enemies, and say, is this the worst that you can do? what say you Christians, are you assured that your souls are safe, that within a few moments of your dissolution they shall be received by Christ into everlasting habitations? Well, if you be sure of that, never trouble your selves about the instruments and means of your dissolution.

Object. *O, but a violent death is terrible to Nature.*

Ans. But what matter is it, when thy

soul is in Heaven; whether it were let out at thy mouth, or at thy throat? whether thy familiar friends, or barbarous enemies stand about thy dead body, and close thine eyes? alas, it is not worth the making so much ado about, *nihil corpus sentit in corpore cum anima sit in celo*, thy soul shall not be sensible in Heaven, how thy body is used on Earth; no, it shall be swallowed up in life.

13. Rule. *Learn to quench all slavish Creature fears, in the reverential fear of God.*

This is a cure by diversion: 'tis a rare piece of Christian wisdom to turn those passions of the soul which most predominate into spiritual Channels, to turn natural anger into spiritual zeal, natural mirth into holy cheerfulness, and natural fear into an holy dread and awe of God. This method of Cure Christ prescribes in that forementioned place, *Mat. 20.* like to which is that in *Isa. 8. 12, 13.* *Fear not their fear:* But how shall we help it? Why, *sanctifie the Lord of Hosts himself, and let him be your fear and your dread.* Natural fear may be allayed for present by natural reason, or the removal of the occasion, but then 'tis but like a Candle blown out with a puff of breath,

*How to keep the heart from fears, &c. 87*

breath, which is easily blown in again, but if the fear of God extinguish it, then 'tis like a Candle quencht in water, which cannot easily be re-kindled.

14. Rule. Lastly, *Pour out those fears to God in Prayer, which the Devil and your own unbelief, pour in upon you in times of danger.*

Prayer is the best out-let to fear; where is the Christian that cannot set his *probatum est* to this direction? I will give you the greatest Example in the World to encourage you in the use of it, even the example of Jesus Christ, *Mark 14. 32.* When the hour of his danger and death drew nigh; He gets into the Garden, separates from the Disciples, and there wrestles mightily with God in Prayer, even unto an Agony: in reference to which the Apostle saith, *Heb. 5. 7.* *Who in the daies of his flesh, when he had offered up prayers and supplications, with strong cries and tears, to him that was able to save him from death, and was heard in that he feared: he was heard as to strength and support to carry him through it, though not as to deliverance, or exemption from it.*

Now, Oh that these things might abide with you, and be reduced to pra-

# 88 *How the heart may be kept from, &c.*

Life in these evil daies, that many trembling souls may be established by them.

5. *Seas.* "The fifth Season to exert this diligence in keeping the heart, is the time of straits and outward pinching wants; although at such times we should complain to God, and not of God, (the Throne of Grace being erected for a time of need, *Heb. 4. 16.*) yet when the waters of relief run low, and wants begin to pinch hard: how prone are the best hearts to distrust the Fountain! When the Meal in the Barrel, and oyle in the Cruse are almost spent, our faith and patience are almost spent too: Now 'tis difficult to keep down the proud and unbelieving heart in an holy quietude and sweet submission at the foot of God. 'Tis an easy thing to talk of trusting God for daily bread while we have a full Barn or Purse; but to say as the Prophet, *Hab. 3. 17. Though the Fig-tree should not blossom, neither fruit be in the Vine, &c. yet will I rejoyce in the Lord.* Sure this is not easy. The fifth Case therefore shall be this,

5. Case. *How a Christian may keep his heart from distrusting God, or repining against him when outward wants are either felt or feared?* This

This Case deserves to be seriously pondred, and especially to be studied now; since it seems to be the design of Providence to empty the people of God of their creature fulness, and acquaint them with those straits which hitherto they have been altogether strangers to.

Now to secure the heart from the fore-mentioned danger attending this condition, these following Considerations through the blessing of the Spirit may prove effectual. And the first is this:

1, Confid. *That if God reduce you to straits and necessities, yet he deals no otherwise therein with you, than he hath done with some of the choicest and holiest men that ever lived.*

Your condition is not singular, though you have hitherto been strangers to wants, other Saints have daily conversed, and been familiarly acquainted with them. Hear what blessed Paul speaks, not of himself only, but in the names of other Saints reduced to like exigencies, *1 Cor. 4. 11. Even to this present hour we both hunger and thirst, and are naked and buffeted; and have no certain dwelling place. To see such a man as Paul going up and down the World with a naked back, and empty belly, and not a house*

90 *How the heart may be kept from, &c.*

house to put his head in, one that was so far above thee in Grace and Holiness, one that did more service for God in a day, than perhaps thou hast done him all thy daies, and yet thou repine as if hardly dealt with! Have you forgot what necessities and straits, even a *David* hath suffered? How great were his straits and necessities? *1 Sam. 25. 8. Give I pray thee,* (saith he to *Nabal*) *whatsoever cometh to thy hand, to thy Servants and to thy Son David.* Renowned *Musculus* was forced to dig in the Town-ditch for a maintenance. Famous *Ainsworth* (as I have been credibly informed) forced to sell the Bed he lay on to buy Bread. But what speak I of these: behold a greater than any of them, even the Son of God, who is the Heir of all things, and by whom the worlds were made: yet sometime would have been glad of any thing, having nothing to eat, *Mark 11. 12. And on the morrow when they were come from Bethany, he was hungry; and seeing a fig-tree a far off, having leaves, he came if happily he might find [any thing] thereon.*

Well then, Hereby God hath set no mark of hatred upon you; neither can you infer the want of love from the want of bread. When thy repining heart puts  
the



*Under outward straits and wants. 91*  
the question, was there ever any sorrow  
like unto mine? Ask these Worthies,  
and they will tell thee, though they did  
not complain and fret as thou dost, yet  
they were driven to as great straits as thou  
art:

2. Confid. *If God leave you not in this  
necessitous condition without a Promise, you  
have no reason to repine or despond under it.*

That is a sad condition indeed, to  
which no Promise belongs. I remember  
Mr. Calvin upon those words, *Isa. 9. 1.*  
*Nevertheless, the darkness shall not be such  
as was in her vexation, &c.* Salves the  
doubt, in what sense the darkness of the  
Captivity was not so great, as the lesser  
incurSIONS made by *Tiglath Pileser*. In  
the Captivity the City was destroyed, and  
the Temple burnt with fire; there was  
no comparison in the affliction; but yet  
the darkness should not be such, and the  
reason (saith he) is this, *huic certam pro-  
missionem esse additam; cum in propriis  
nulla esset, (i. e.)* there was a certain  
Promise made to this, but none to the o-  
ther:

'Tis better be as low as Hell with a  
Promise, than in Paradise without one.  
Even the darkness of Hell it self would  
be comparatively no darkness at all,  
were

92 *How the heart may be kept from, &c.*

were there but a Promise to enlighten it. Now God hath left many sweet Promises for the Faith of his poor people to feed on in this condition; such are these: *Psalm 34. 9, 10. O fear the Lord ye his Saints, for there is no want to them that fear him; the Lions do lack and suffer hunger, but they that fear the Lord shall want nothing that is good. Psal. 33. 18, 19. The eye of the Lord is upon the righteous, to keep them alive in famine. Psal. 84. 11. No good thing will he withhold from them that walk up-rightly. Rom. 8. 32. He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things? Isa. 41. 17. When the poor and the needy seek water and there is none, and their tongue faileth for thirst, I the Lord will hear them, I the God of Israel will not forsake them.* Here you see, first their extream wants, water being put even for the necessities of life; (2) their certain relief; *I the Lord will hear them*; in which it is supposed, that they cry unto him in their straits; and he hears their cry.

Having therefore these Promises, why should not your distrustful hearts conclude like David's *Psal. 23. 1. The Lord is my Shepherd, I shall not want.*

Object. But these Promises imply conditions,

*under outward straits and wants. 93*

*tions, if they were absolute, they would afford more satisfaction.*

*Sol.* What are those tacite conditions you speak of, but these? (1) That either he will supply or sanctifie your wants; (2) That you shall have so much as God sees fit for you, and doth this trouble you? would you have the Mercy whether sanctified or no? whether God sees it fit for you or no? Methinks the appetites of Saints after earthly things should not be so ravenous, to seize greedily upon any enjoyment, not caring how they have it.

But oh, when wants pinch, and we see not whence supplies should come, then our faith in the promise shakes, and we like murmuring *Israel* crie, *He gave bread, can he give water also?* O unbelieving hearts! when did his Promises fail? who ever trusted them and was ashamed? may not God upbraid thee with thine unreasonable infidelity, as *Jer. 2. 31.* *Have I been a wilderness unto you, &c.* or as Christ said to the Disciples, *Since I was with you, lacked ye any thing?* Yea, may you not upbraid your selves, may you not say with good old *Polycarp*, thus many years I have served Christ, and found him a good Master; indeed he  
may

94 *How to keep the heart from repining*  
may deny what your wantonness, but not  
what your real wants call for: he will not  
regard the cry of your lusts, nor yet de-  
spise the cry of your faith; though he  
will not indulge and humour your wan-  
ton appetites, yet he will not violate his  
own faithful Promises. These Promises  
are your best security for eternal life; and  
'tis strange if they should not satisfie you  
for daily bread: remember ye the words  
of the Lord, and solace your hearts with  
them amidst all your wants. 'Tis said  
of Epicurus, that in the dreadful fits of  
the Collick, he often refreshed himself ob  
*memoriam inventorum*, by calling to mind  
his inventions in Philosophy: and of  
Possidonius the Philosopher, that in a great  
fit of the stone, he solaced himself with  
discourses of Moral Vertue: and when  
the pain twinged him, he would say, *ni-  
hil agis dolor quamvis sis molestus nunquam  
confitebor te esse malum*: O pain, thou  
dost nothing, though thou art a little  
troublesome, I will never confess thee to  
be evil. If upon such grounds as these  
they could support themselves under such  
grinding and racking pains, and even  
delude their diseases by them; how much  
rather should the precious Promises of  
God, and the sweet Experiences which  
have

*under outward Straits and wants. 95*

have gone along step by step with them, make you to forget all your wants, and comfort you over every strait !

3. Confid. *If it be bad now, it might have been worse ; hath God denyed thee the comforts of this life ? he might have denyed thee Christ, peace and pardon also, and then thy case had been wofull indeed. You know God hath done so to millions in the World : how many such wretched objects may your eyes behold every day, that have no comfort in hand, nor yet in hope, are miserable here, and will be so to eternity ; that have a bitter cup, and nothing to sweeten it, no, not so much as any hope that it will be better. But it is not so with you, though you be poor in this World, yet rich in faith, and heirs of the Kingdome which God hath promised, Jam. 2. 5. O learn to set spiritual riches over against temporal poverty ! Balance all your present troubles with your spiritual priviledges. Indeed, if God had denyed your souls the Robes of Righteousness to cloath them, the hidden Manna to feed them ; the heavenly Mansions to receive them, if your souls were left destitute, as well as your bodies ; you might well be pensive, but this consideration hath enough to bring the considering*

96 *How to keep the heart from repining.*

dering Soul to rest under any outward strait. 'Twas bravely said by Luther; when want began to pinch him, let us be contented with our hard fare (said he) for do we not feast with Angels upon Christ the bread of life: And blessed be God (saith Paul) who hath abounded to us in all spiritual blessings, Eph. 1. 3.

4. Confid. This affliction, though great, is not such an affliction but God hath far greater, with which he chastises the dearly beloved of his soul in this world, and should he remove this, and inflict those, you would account your present state a very comfortable state, and bless God to be as now you are.

What think you sirs? Should God remove your present troubles, supply all your outward wants, give you the desire of your hearts in creature-comforts, but hide his face from you, shoot his arrows into your souls, and cause the venome of them to drink up your Spirits? Should he leave you but a few daies to the Buffering of Satan and his blasphemous injections? Should he hold your eyes but a few nights waking with horrors of Conscience, tossing to and fro till the dawning of the day? Should he lead you through the Chambers of death? shew you the visions of darkness? and make his



his terrors set themselves in array against you, then tell me if you would not count it a choice mercy to be back again in your former necessitous condition, with peace of Conscience; and count bread and water with Gods favour, a happy state? O then! take heed of repining. Say not God deals hardly with you, least you provoke him to convince you by your own sense and feeling, that he hath worse Rods than these for unsubmissive and froward Children.

5. Confid. *If it be bad now, it will be better shortly.*

O keep thy heart by that consideration! the Meal in the Barrell is almost spent; well, be it so, why should that trouble me, If I am almost beyond the need and use of all these things. The Traveller hath spent almost all his Money, but a Shilling or two left; Well, (saith he) though my money be almost spent, yet my journie is almost finish'd too; I am near home, and then shall be fully supplied. If there be no Candles in the house, yet 'tis a comfort to think that it's almost day, and then there will be no need of Candles. I am afraid Christian, thou mis-reckonest thy self, when thou thinkest; my provision is almost  
H spent,

98 *How to keep the heart from repining*  
 spent, and I have a great way to travel ,  
 many Years to live , and nothing to live  
 upon ; it may be not half so many as  
 thou supposest ; in this be confident , if  
 thy provision be spent , either fresh sup-  
 plies are coming (though thou seest not  
 from whence) or thou art nearer thy  
 journeyes end , than thou reckonest thy  
 self to be. Desponding Soul , doth it  
 become a man or woman travelling up-  
 on the road to that Heavenly City , and  
 almost arrived there, within a few daies  
 Journie of his Fathers house , where all  
 his wants shall be supplied , to take on  
 thus about a little meat, drink or cloaths,  
 which he fears he shall want by the way ?  
 It was a noble saying of the 40. *Martyrs* ,  
 famous in the *Ecclesiastical story* , when  
 turned out naked in a frosty night to be  
 starved to death ; with these words they  
 comforted one another *ἄρπυιες ὁ χεῖμων* ,  
*&c.* the winter indeed is sharp and cold ,  
 but Heaven is warm and comfortable ;  
 here we shiver for cold , but *Abraham's*  
 bosome will make amends for all.

Obj. 1. *But I may dye for want.*

Sol. (1) Whoever did so ? where were  
 the Righteous forsaken ? (2) If so, your  
 journey is ended, and you fully supplied.

Obj. 2. *But I am not sure of that, were*

*I sure of Heaven, it were another matter.*

*Sol.* Are you not sure of that? then you have other matters to trouble your selves about than these: Methinks, this should be the least of all your cares; I do not find that Souls perplexed and troubled about the want of Christ, pardon of sin, &c. are usually very anxious, or solicitous about these things. He that seriously puts such questions as these: what shall I do to be saved? How shall I know my sin is pardoned? Doth not usually trouble himself with what shall I eat, what shall I drink; or where-withal shall I be cloathed?

6. *Confid.* *Doth it become the children of such a Father to distrust his All-sufficiency, or repine against any of his dispensations?*

Do you well to question his care and love upon every new exigence; say, have you not been ashamed of this formerly? hath not your Fathers seasonable provisions for you in former straits, put you to the blush? and made you resolve never to question his love and care any more, and yet will you renew your unworthy suspicions of him again? Dis-ingenuous child, reason thus with thy self, if I perish for want of what is good

100 *How to keep the heart from repining*  
 and needful for me, it must either be  
 because my Father knows not my wants,  
 or hath not wherewith to supply them:  
 or else regards not what becomes of me.  
 Which of these shall I charge upon him:  
 not the first; for, *Mark 6. 32. My Fa-*  
*ther knows what I have need of*, my condi-  
 tion is not hid from him: Nor the second,  
*for the Earth is the Lords and the fulness of*  
*it, Psalm. 24. 1. His Name is God All-*  
*sufficient, Gen. 17. 1.* Not the last, for, *as*  
*a father pities his children, so the Lord*  
*pities them that fear him, Psalm 103. 13.*  
*The Lord is exceeding pitiful, and of tender*  
*mercy, James 5. 11. He hears the young*  
*Ravens when they cry, Job 38. 41. and will*  
*he not hear me? Consider (saith Christ)*  
*the fowls of the Air, Mat. 6. 26.* Not the  
 fowls at the door, that are every day fed  
 by hand, but the fowls of the Air, that  
 have none to provide for them. Doth  
 he feed and clothe his enemies, and will  
 he forget his Children? He heard the ve-  
 ry cry of *Ishmael* in distress, *Gen. 21. 17.*  
 O my unbelieving heart! dost thou yet  
 doubt? Remember *Hagar* and the  
 Child.

7. Confid. Your poverty is not your sin,  
 but your affliction only: if by sinful means you  
 have not brought it upon your selves; and if  
 it

*under outward straits and wants. 101*

*it be but an affliction, it may be born the easier for that.*

'Tis hard indeed to bear an affliction coming upon us as the fruit and punishment of sin, when men are under trouble upon that account; they use to say, O! if it were but a single affliction coming from the hand of God, by way of tryal, I could bear it, but I have brought it upon my self by sin, it comes as the punishment of sin; the marks of Gods displeasure are upon it, 'tis the guilt within that troubles and galls, more than the want without.

But it is not so here, and therefore you have no reason to be cast down under it.

*Object. But though there be no sting of guilt, yet this condition wants not other stings; as first, the discredit of Religion; I cannot comply with mine engagements in the world, and thereby Religion is like to suffer.*

*Sol.* 'Tis well you have an heart to discharge every duty, yet if God disable you by Providence, 'tis no discredit to your profession, because you do not that which you cannot do, so long as it is your desire, and endeavour to do what you can and ought to do, and in this case Gods will is, that lenity and forbearance be exercised towards you, *Dent. 24. 12. 13.*

102 *How to keep the heart from repining*

2. Object. *But it grieves me to behold the necessities of others whom I was wont to relieve and refresh, but now cannot.*

Sol. If you cannot, it ceases to be your dutie, and God accepts the drawing out of your soul to the hungry in compassion and desire to help them, though you cannot draw forth a full purse to relieve and supplie them.

3. Obj. *But I find such a condition full of temptations, a sore clog in the way to Heaven.*

Sol. Every condition in the World hath its clogs, and attending temptations; and were you in a prosperous condition, you might there meet with more temptations and fewer advantages than you now have: for though I confess poverty hath its temptations as well as prosperity, yet I am confident, prosperity hath not those excellent advantages that poverty hath: for here you have an opportunity to discover the sincerity of your love to God, when you can live upon him, find enough in him, and constantly follow him, even when all external inducements and motives fail. And thus I have shewed you how to keep your hearts from the temptations and dangers attending a poor and low condition



tion in the world, when want pinches, and the heart begins to shak, then improve, and bless God for these helps to keep it.

6. *Season.* "The sixth Season of expressing this diligence in keeping the heart, is the season of Duty; when we draw nigh to God in publick, private, or secret Duties, then 'tis time to look to the heart; for the vanity of the heart seldom discovers it self more than at such times. How oft doth the poor soul crie out, O Lord how fain would I serve thee, but vain thoughts will not let me; I came to open my heart to thee, to delight my soul in communion with thee, but my corruptions have set upon me: Lord rate off these vain thoughts, and suffer them not to prostitute the Soul, which is espoused to thee, before thy face. The sixth Case then is this.

6. *Case.* *How the heart may be kept from distractions by vain thoughts, in the time of Duty.*

There is a two-fold distraction, or wandring of the heart in duty: (1) voluntary and habitual, *Psal.* 78. 8. *They set not their hearts aright, and their spirit was not stedfast with God.* This is the case

#### 104 *How to keep the Heart, &c.*

of Formalists, and it proceeds from the want of an holy bent, and inclination of the heart to God; their hearts are under the power of their lusts, and therefore 'tis no wonder they go after their Lusts, even when they are about holy things, *Ezek. 33. 31.* (2.) Involuntary and lamented distractions, *Rom. 7. 21, 24.* *I find then a Law, that when I would do good, evil is present with me, O wretched man that I am, &c.* This proceeds not from the want of a holy bent and aim, but from the weakness and imperfection of grace. And in this case the Soul may make the like complaint against its own corruptions that *Abijah* did against *Jeroboam*, *2 Chr. 13. 6, 7.* *Yet Jeroboam the Son of Nebat is risen up against his Lord, when Rehoboam was young and tender hearted, and could not withstand them, and there are gathered unto him vain men the children of Belial.* Grace hath a dominion, but lusts are mutinous and seditious, during the Infancy thereof. But it is not my business to shew you how these distractions come into the heart, but rather how to get, and keep them out of the heart; in order whereto, take these ten following Help.

1. *Help.* Sequester your selves from all earthly employments, and set apart  
some

Some time for solemn preparation, to meet God in Duty: you cannot come reeking hot out of the world into Gods presence, but you will find a tang of it in your duties; it is with the heart a few Minutes since plunged in the world, now at the feet of God, just as with the Sea after a storm, which still continues working, muddy, and disquiet, though the wind be laid and storm over: thy heart must have some time to settle. There are few Musicians that can take down a Lute or Viol, and play presently upon it, without some time to tune it; there are few Christians can presently say, as *Psal. 57. 7. O God, my heart is fixed, it is fixed.* O when thou goest to God in any duty, take thy heart aside, and say, O my Soul! I am now addressing my self to the greatest work that ever a creature was imployed about: I am going into the awful presence of God about business of everlasting moment.

Oh my Soul! leave trifling now, be composed, watchful, serious, this is no common work, 'tis God-work, Soul-work, Eternity-work; I am now going forth bearing seed, which will bring forth fruit to life or death in the world to come pause a while upon thy sins, wants, troubles,

**106 To keep the heart from wandring**  
bles, steep thy thoughts a while in these  
before thou address thy self to Duty.  
*David first mused, and then spake with his*  
*tongue, Psal. 39. 3, 4. So Psal. 45. 1. My*  
*heart is enditing, &c.*

2. *Help.* Having composed thy heart  
by previous meditation, presently set a  
guard upon thy senses; how often are  
poor Christians in danger of losing the  
eyes of their mind by those of their body,  
for this *Job* covenanted with his senses,  
*Chap. 31. 1.* for this *David* prayed, *Psal.*  
*119. 37. turn away mine eyes from beholding*  
*vanity, and quicken thou me in thy way:* this  
may serve to expound that mystical *Ara-*  
*bian Proverb* which advises to shut the win-  
dows, that the house may be light: 'twere  
excellent if you could say in your on-sets  
upon duty, as an holy one once did,  
when he came off from duty. *Claudimini*  
*oculi mei claudimini, &c.* Be shut O my  
eyes be shut! for it is impossible you should  
ever see such beauty and glory in any Crea-  
ture, as I have now seen in God. You had  
need avoid all occasions of distraction  
from without, for be sure you will meet  
enough from within, intention of Spirit  
in the work of God locks up the eye and  
ear against vanity. When *Marcellus* en-  
tered the gates of *Syracuse*, *Archimedes*  
was

was so intent about his Mathematical Schem, that he took no notice of the Souldiers when they entred his very Study with drawn swords, a fervent cannot be a *vagrant* heart.

3. *Help. Beg of God a mortified fancy*, a working fancy (saith one) how much soever it be extold among men, is a great snare to the soul; except it work in fellowship with right reason, and a sanctified heart: the phantasie is a power of the Soul placed between the senses and the understanding, 'tis that which first stirs its self in the soul, and by its motion the other powers are stirred, 'tis the common shop where thoughts are first forged and framed, and as this is, so are they; if Imaginations be not first cast down, 'tis impossible that every thought of the heart should be brought into obedience to Christ, 2 Cor. 10. 5. this fancy is naturally the wildest and most untameable power in the soul. Some Christians (especially such as are of hot and dry constitutions) have much to do with it.

And truly, the more spiritual the heart is, the more 'tis troubled about the vanity and wildness of it. O what a sad thing it is! that thy nobler soul must lackey up and down after a vain roving fancy,  
that

108 *To keep the heart from wandring*

that such a beggar should ride on horse-back, and such a Prince run after it on foot; that it should call off the Soul from attendance upon God, when it is most sweetly ingaged in Communion with him: to prosecute such vanities as it will start at such times before it! beg earnestly of God that the power of sanctification may once come upon it. Some Christians have attained such a degree of Sanctification of their fancies, that they have had much sweetness left upon their hearts by the Spiritual workings of it in the night season: when thy fancy is more mortified, thy thoughts will be more orderly and fixed.

4. Help. *If thou wouldst keep thy heart from those vain excursions, realize to thy self by faith, the holy and awful presence of God in duties.*

If the presence of a grave man will compose us to seriousness, how much more the presence of an holy God? thinkest thou, thy Soul durst be so garrish and light, if the sense of a divine eye were upon it? remember the place where thou art, is the place of his feet, *Isa. 60. 13.* *All Faith upon the Omniscience of God, All the Churches shall know that I am he that searcheth the heart, and tryeth*



tryeth the reins, and will give to every one of you according to your works; Rev. 2. 23. All things are naked and open to the eyes of him with whom we have to do, Heb. 4. 12. realize his infinite holiness; into what a serious composed frame did the sight of God in his holiness put the Spirit of the Prophet, Isa. 6. 5. labour to get also upon thy heart due apprehensions of the greatness of God, such as Abraham had, Gen. 18. 27. *I that am but dust and ashes, have taken upon me to speak to God: And lastly remember the jealousy of God, how tender he is over his worship, Lev. 10. 3. And Moses said unto Aaron, this is that the Lord spake, saying, I will be sanctified in them that come nigh me, and before all the people I will be glorified.*

*A man that is praying (saith Bernard) should behave himself as if he were entring into the Court of Heaven, where he sees the Lord upon his Throne, surrounded with ten thousand of his Angels, and Saints ministering unto him. When thou comest from a duty, in which thy heart hath been toying and wandring, thou mayst say, verily God was in this place, and I knew it not. Suppose all the impertinencies and vanities which have past through thine heart in a duty were written out, and*

110 *To keep the heart from wandring*  
and interlined with thy petitions, couldst thou have the face to present it to God? should thy tongue but utter all the thoughts of thy heart in Prayer, would not men abhor thee? Why, thy thoughts are vocal to God; *Psal. 139. 2.* If thou wert Petitioning the King for thy life, would it not provoke him to see thee playing with thy band-strings, or catching every fly that lights upon thy cloaths, whilst thou art speaking to him about such serious matters? O think sadly upon that Scripture, *Psal. 87. 7.* *God is Greatly to be feared in the Assemblies of his Saints, and so be had in reverence of all that are round about him.* Why did God descend in thundrings and lightnings, and dark clouds upon Sinai, *Exod. 19. 16, 18.* Why did the Mountains smoak under him? the people quake and tremble round about him, yea Moses himself not exempted? but to teach the people that great truth, *Heb. 12. 28, 29.* *Let us have grace, whereby we may serve him acceptably with reverence and Godly fear, for our God is a consuming fire:* present God thus before thee, and thy vain heart will quickly be reduced to a more serious frame.

5. *Help. Maintain a praying frame of heart in the intervals of duty:* What is the reason

reason our hearts are so dull, careless and wandring, when we come to hear or pray, but because there have been such long intermissions in our communion with God; by reason whereof the heart is out of a praying frame: if that spiritual warmth, those holy impressions we carry from God in one duty, were but preserved to kindle another duty, it would be of marvellous advantage to keep the heart intent, and serious with God.

To this purpose those intermediate ejaculations, betwixt stated and solemn duties, are of most sweet and excellent use; by these, one duty is as it were linked to another, and so the soul as it were wraps up it self in a chain of duties. That Christian seldom misses his mark in solemn duty, that shoots up many of these darts in the intervals of duty; 'tis an excellent commendation Christ bestows upon the Spouse, *Cant. 4. 11. Thy lips O my Spouse drop as the honey comb:* upon which Text one gives this sweet note, the hony comb drops actually but sometimes, but it alwaies hangs full of sweet drops ready to fall: if our ejaculations were more, our lamentations upon this account would be fewer.

6. Help.

112 *To keep the heart from wandring*

6. Help. Endeavour to ingage and raise thy affections to God in duty if thou wouldst have thy distractions cured.

A dropping eye and a melting heart, are seldom troubled as others upon this account : when the soul is intent about any work, it gathers in its strength, and bends all the thoughts about it ; and when it's deeply affected, it will be intent ; the affections command the thoughts to go after them, deadness causes distraction, and distraction increases deadness ; could you but look upon duties as the Galleries of communion in which you walk with God, where your Souls may be filled with those ravishing, and matchless delights that are in his presence, your Soul would not offer to flit from thence.

It is with the heart in duty, as it is with those that dig for Gold Oare ; they trie here, and finding none, try there ; and so go from place to place, till at last they hit upon the rich Vein, and there they sit down. If thy heart could but once hit the rich Vein in duty, it would dwell and abide there with delight and constancy. *O how I love thy Law, it is my Meditation day and night !* Psal. 119. 97. The Soul could dwell day

day and night upon its knees, when once its Delights, Loves, and Desires are engaged. What's the reason your hearts are so shuffling, especially in secret duties? why are you ready to be gone almost as soon as you are come into the presence of God? but because your affections are not engaged.

7. *Help. Mourn over the matter to God, and call in assistance from Heaven; when vain thoughts assault thy heart in duty.*

When the Messenger of Satan busfeted *Paul* by wicked injections as is supposed, he goes to God, and mourns over it before him, *2 Cor. 12. 8.* Never slight wandring thoughts in duty as small matters, follow every vain thought with a deep sigh, turn thee to God with such words as these, Lord I came hither to speak with thee, and here a busie Devil, and a vain heart conspiring together, have set upon me. O my God? what an heart have I? shall I never wait upon thee without distraction! when shall I enjoy an hour of free communion with thee? help me my God this once, do but display thy glory before mine eyes; and my heart shall quickly be recovered: Thou knowest I came hither to enjoy thee, and shall I go away without thee?

#### 114 To keep the heart from wandring

See, how the heart of thy poor Child  
work towards thee! strives to get near  
thee, but cannot: my heart is aground,  
*comethon North wind, blow South wind,* O  
for a fresh gale now from thy Spirit, to  
let my affections afloat! couldst thou  
but thus affectionately bewail thy distra-  
ctions to God, thou mightest obtain help  
and deliverance from them: He would  
say to Satan, and thine imperious Lusts  
as *Abashuerna* said of *Haman*, what will he  
force the Queen before my face? Who  
are these, that set upon my Child in my  
work, and presence?

8. Help. *Look upon the success and sweet-  
ness of thy duties, as very much depending  
upon the keeping of thy heart close with God  
in them.*

These two things, the success, and  
sweetness of dutie, are as dear to a Chri-  
stian as his two eyes: and both of these  
must necessarily be lost, if the heart be  
lost in dutie, *Job 35. 13. Surely God  
heareth not vanity, neither doth the Almighty  
regard it: the Promise is made to an heart  
ingaged, Jer. 29. 13. Then shall you seek  
me, and find me, when ye shall search for  
me with all your heart.* Well then, when  
thou findest thy heart under the power  
of deadness and distraction, say to thy  
Soul,



Soul, O what do I lose by a careless heart now ! my praying times are the choicest parts, the Golden spots of all my time : could I but get up this heart with God, I might now obtain such mercies as would be matter for a song to all eternity.

9. Help. *Look upon it as a great discovery of the sincerity, or hypocrisie of your hearts according as you find them, careful, or careless in this matter,*

Nothing will startle an upright heart more than this : What, shall I give way to a customary wandring of heart from God ? shall the spot of the Hypocrite appear upon my Soul ? they indeed can drudge on in the round of duty ; never regarding the frames of their hearts, *Ezek. 33. 31, 32.* but shall I do so ? when men come into the Presence Chamber, and the King is not there ; they bow to the empty chair. O never let me be satisfied with empty duties ! never let me take my leave of a duty, until mine eyes have seen the King, the Lord of Hosts.

10. Help. *Lastly, 'twill be of special use to keep thine heart with God in duties, to consider what influence all thy duties have into thine eternity.*

These are your seed times, and what

## 116 To keep the heart from wandring

you sow in your duties in this world, you must look to reap the fruit of it in another world, *Gal. 6. 7, 8.* if you sow to the flesh, of that you shall reap corruption; but if to the spirit, life everlasting. O my Soul, answer seriously; wouldst thou be willing to reap the fruit of vanity, in the world to come? darest thou say, when thy thoughts are roving to the ends of the earth in duty, when thou scarce mindest what thou sayest or hearest, now Lord, I am sowing to the Spirit, now I am providing and laying up for eternity, now I am seeking for glory, honour, and immortality, now I am striving to enter in at the strait Gate, now I am taking the Kingdom of Heaven by an holy violence? O such a consideration as this, should make the multitudes of vain thoughts that presse in upon thy heart in duty, to flie seven waies before it: and thus I have shewn you, how to keep your hearts, in the times of duty.

7. *Season.* "The seventh season calling for more than common diligence to keep the heart is, when we receive injuries and abuses from men, such is the depravedness and corruption of man in his collapsed state, that *homo*  
" *homini*

“ *homini lupus*, one man is become a wolf,  
 “ a Tyger to another: they are as the  
 “ Prophet complains, *Hab. 1. 14.* *As the*  
 “ *Fishes of the Sea, and as the creeping things*  
 “ *that have no Ruler over them,* and as wick-  
 “ ed men are cruel and oppressive one  
 “ to another; so they conspire together  
 “ to abuse and wrong the people of God,  
 “ as the same Prophet complains, *v. 13.*  
 “ *the wicked devoureth the man that is more*  
 “ *righteous than he.* Now when we are  
 “ thus abused and wronged, 'tis hard to  
 “ keep the heart from revengeful moti-  
 “ ons: to make it meekly and quietly to  
 “ commit the cause to him that judgeth  
 “ righteously: to exercise no other affe-  
 “ ction but pity towards them that abuse  
 “ us. Surely the Spirit that is in us lust-  
 “ eth to revenge, but it must not be so:  
 you have choice helps in the Gospel to  
 “ keep down your hearts from such sin-  
 “ ful motions against your enemies, and  
 “ to sweeten your imbittered Spirits. The  
 seventh Case therefore shall be this.

7. Case. *How a Christian may keep his*  
*heart from revengeful motions, under the*  
*greatest injuries and abuses from men?*

The Gospel indeed allows a liberty to  
 vindicate our innocencie, and assert our  
 rights; but not to vent our corruptions,

118 *The heart kept from revenge,*

and invade Gods right: when therefore thou findest thy heart begin to be inflamed by revengeful motions, presently apply the following Remedies; and the first is this.

1. Remed. *Urge upon thy heart the severe prohibitions of revenge by the Law of God.* Remember that this is forbidden fruit, how pleasing and luscious soever it be to our vitiated appetites, O saith nature, revenge is sweet; O but saith God, the effects thereof shall be bitter: how plainly hath God interdicted this flesh-pleasing sin, *Prov. 20. 22. Say not, I will recompence evil. Prov. 24. 29. Say not I will do so to him as he hath done to me. Rom. 12. 17. Recompence to no man evil for evil. and v. 19. Avenge not your selves but rather give place to wrath.* Nay that's not all, but *Prov. 25. 21. If thine enemy hunger, feed him, if he thirst give him drink.* The word feed him, as Criticks observe, signifies to feed cheerfully and tenderly, as birds do their Young ones: The Scripture is a great friend to the peace and tranquility of humane Societies, which can never be preserved if revenge be not deposed; it was wont to be an argument urged by the Christians to prove their Religion to be supernatural and

and pure, that it forbids revenge which is so sweet to Nature; and verily 'tis a thousand pities such an argument should be lost. Well then awe your hearts with the authourity of God in these Scriptures: and when carnal reason saith, mine enemy deserves to be hated, let Conscience replie, but doth God deserve to be disobeyed? thus, and thus he hath done, and so he hath wronged me: but what hath God done that I should wrong him? if he dare be so bold to break the *Peace*, shall I be so wicked to break the *Precept*? if he fears not to wrong me, shall not I fear to wrong God? O let the fear of Gods threatnings repress such sinful motions.

2. Remed. *Set before your eyes the most eminent patterns of meekness and forgiveness, that your Souls may fall in love with it.*

This is the way to cut off those common pleas of the Flesh for Revenge: as thus, no man would bear such an affront; Yes, such and such have borne as bad and worse, I shall be reckoned a coward, a fool, if I pass by this: no matter, as long as I follow the examples of the wisest, and holiest of men: Never did any suffer more and greater abuses from men, than Christ did, and never did any carry it

120 The heart kept from revenge

more peaceably and forgivingly, 53. 7. he was oppressed, and he was afflicted, yet he opened not his mouth; he is brought as a lamb to the slaughter, &c. This pattern the Apostle sets before you for your imitation, 1 Pet. 2. 21, 22, 23. For even hereunto are ye called, because Christ also suffered for us; leaving us an example that we should follow his steps: Who when he was reviled, reviled not again; when he suffered, he threatened not, but committed himself to him that judgeth righteously. To be of a meek forgiving Spirit is Christ-like, God-like, then shall you be the Children of your Father which is in Heaven, for he maketh his Sun to rise upon the evil, and upon the good, and sendeth Rain on the just, and on the unjust, *Matth. 5. 45.* How eminently also did this Spirit of Christ rest upon his Apostles, never were there such men upon earth for true excellency of Spirit. None were ever abused more, or suffered their abuses better: Being reviled (say they) we bless, being persecuted we suffer it, being defamed, we intreat, 1 Cor. 4. 12, 13. Mr. Calvin though a man of a quick Spirit, yet had attained such a degree of this Christ-like forgiveness, that when Luther had used some opprobrious language of him, the good man said no more but this;

al-



although he should call me a Devil, yet I will acknowledge him to be an eminent Servant of Jesus Christ.

I have often heard it reported of holy Mr. Dod, that when one enraged at his close convincing Doctrine, pick't a quarrel with him, smote him on the face, and dash'd out two of his teeth: this meek servant of Christ spat out the teeth, and bloud into his hand, and said, see here, you have knock'd out two of my teeth, and that without any just provocation; but on condition I might do your Soul good, I would give you leave to dash out all the rest: Here is the excellency of a Christians Spirit, above all the attainments of Moral Heathens: though they were excellent at many other things, yet they could never attain this forgiving Spirit: it is the first office of justice (said Tully) to hurt no body, unless first provoked by an injury, whereupon *Laetantius*, *O quam simplicem veramque sententiam duorum verborum, adjectione corrupt!* What a dainty sentence spoiled the Oratour by adding those two last words? strive then for this excellency of Spirit, which is the proper excellency of Christians, do some singular thing that others cannot do, and then you will have a  
testi-

122 *The heart kept from revenge.*

testimonie in their Consciences: When *Moses* out-did the *Magicians*, they were forced to confess the finger of *God* in that business.

3. Remedy. Consider well the quality of the person that hath wronged thee, either he is a good man or a wicked man that hath done thee the injury: if he be a good man, there is light and tenderness in his Conscience, and that will bring him at last to a sense of the evil he hath done; however *Christ* hath forgiven him greater injuries than these, and why shouldst not thou? will not *Christ* upbraid him with any of those wrongs done to him, but frankly forgives him all, and wilt thou take him by the throat for some petty abuse that he hath done to thee?

Or is he a wicked man? if so, truly you have more need to exercise pity than revenge towards him, and that upon a double account: for (1) He is beside himself, so indeed is every unconverted sinner, *Luke 15. 17.* should you go into *Bedlam* and there hear one rail at you, another mock you, and a third threaten you; would you say I will be revenged upon them? no, you would rather go away pitying them. Alas, poor creatures they are out of their wits, and know not what they

they do. Besides, (2) there is a day coming if they repent not, when they will have more misery than you can find in your hearts to wish them: you need not studie revenge, Gods vengeance sleepeth not; and will shortly take place upon them, and is not that enough? have they not an eternity of misery coming? if they repent not, this must be the portion of their cup, and if ever they do repent, they will be ready to make you reparation.

4. Rem. *Keep down thy heart by this consideration, that by revenge thou canst but satisfy a lust, but by forgiveness thou shalt conquer a lust.*

Suppose, by revenge thou shouldst destroy one enemy, I will shew thee how by forgiving thou shalt conquer three: thine own *lusts*, the Devil's *temptation*, and thine enemies *heart*: and is not this a more glorious conquest? if by revenge thou overcome thine enemy, yet (as Bernard saith) *infelex victoria ubi superans virum, succumbit vitio*: unhappy victory, when by overcoming another man, thou art overcome by thine own corruption; but this way you may obtain a glorious conquest indeed. What an honourable and dry victorie did David this way

124 *The heart kept from revenge,*

way obtain over Saul, 1 Sam. 24. 16, 17. *And it came to pass when David had made an end of speaking these words, that Saul lift up his voice and wept; and he said to David, thou art more righteous than I.*

It must be a very dis-ingenious nature indeed, upon which meekness and forgiveness will not work, a stony heart which this fire will not melt: To this sense is that, Prov. 25. 21. *If thine enemy hunger feed him, if he thirst give him drink, for in so doing thou shalt heap coals of fire upon his head.* Some will have it a sin-punishing fire, but others, an heart-melting fire: to be sure, 'twill either melt his heart, or aggravate his misery. *Augustin* thinks that *Steven's* Prayer for his enemies, was the great means of *Paul's* conversion.

5. Rem. *Seriously propound this question to thy own heart, have I got any good by the wrong and injuries received, or have I not? If they have done you no good, turn the revenge upon your selves. O that I should have such a bad heart, that can get no good out of such trouble, O that my Spirit should be so unlike to Christ's! the patience and meekness of other Christians have turned all the injuries thrown at them into precious stones; the Spirits of others have been raised in blessing*  
God

God  
repre  
ther  
Sup  
men  
be p  
amo  
pos  
quo  
than  
hate  
wer  
God  
con  
be f  
I  
the  
ceiv  
hear  
mor  
have  
wro  
as P  
this  
V  
give  
so m  
thou  
God  
no

God when they have been loaded with reproaches by the world, they have bound them as an Ornament to their necks. *Superbus fio* (said Luther) *quod video nomen pessimum mihi crescere.* I could even be proud upon it, that I have a bad name among wicked men: to the same purpose Jerome sweetly, *Gratias ago Deo meo quod dignus sum quem mundus oderit.* I thank my God, that I am worthy to be hated of the world: Thus their hearts were provoked by injuries to magnifie God, and bless him for them: if it work contrary with me I have cause enough to be filled with self-displacencie.

If you have got any good by them, if the reproaches and wrongs you have received, have made you search your hearts the more, watch your waies the more narrowly; if their wronging you have made you see how you have wronged God, then let me say for them, as Paul did for himself, pray forgive them this wrong.

What can you not find an heart to forgive one that hath been instrumental of so much good to you, that's strange! what though they meant it for evil, yet if God have turned it to good; you have no more reason to rage against the instrument

126 *The heart kept from Revenge*

strument, than he had who received a wound from his enemy which only brake and let out that imposthume, which otherwise had been his death.

6. Rem. *'Tis of excellent use to keep the heart from revenge, to look up and eye the first cause by which all our troubles are ordered.*

This will calm and meeken our Spirits quickly; never did a wicked tongue trie the patience of a Saint more than *David's* was tried by that railing *Shimei*: yet the Spirit of this good man was not at all poisoned with revenge, though he goes along cursing and casting stones at him all the way: yea, though *Abishai* offered *David*, if he pleased, the head of that enemy; but the King said, *What have I to do with you, ye Sons of Zerviah? So let him curse, because the Lord hath said unto him, curse David; Who shall then say, wherefore hast thou done so?* It may be God uses him as his Rod to lash me, because I by my sin made his enemies to blaspheme him: and shall I be angry with the Rod? how irrational were that? This also was it that quieted *Job*, he doth not rail and vow revenge upon the *Caldeans* and *Sabeans*, but eyes God as the orderer of those troubles, and is quiet. *The Lord hath taken*



taken away, blessed be his name, Job 1. 21.

*Object.* But you will say, *To turn aside the right of a man, to subvert a man in his cause, the Lord approveth not;* Lam. 3. 36.

*Ans.* True, but though it fall not under his approving, yet it doth under his permitting will, and there is a great argument for quiet submission in that: nay, he hath not only the permitting, but the ordering of all those troubles: did we see more of an holy God, we should shew less of a corrupt nature in such trials.

7. Rem<sup>d</sup>. *Consider how you daily wrong God, and you will not be so easily inflamed with revenge against others that have wronged you.*

You are daily grieving and wronging God, and yet he bears, forgives, and will not take vengeance upon you; and will you be so quick in avenging your selves upon others? O what a sharp and terrible rebuke is that, *Mat. 18. 32, 33. O thou wicked, and sloathful servant; I forgave thee all that debt because thou desiredst me, shouldst not thou also have had compassion on thy fellow Servant, even as I had pity upon thee?* None should be filled with bowels of pity, forbearance, and mercy, to such  
as

128 *The heart kept from revenge, &c.*

as wrong them, as those should be that have experienced the Riches of Mercie themselves: methinks the mercie of God to us should melt our very Bowels into Mercie over others: 'Tis impossible we can be *cruel* to others; except we forget how kind Christ hath been to us: those that have found mercy should shew mercy: if kindness cannot work, methinks fear should; *If ye forgive not men their trespasses, neither will your Father forgive you your trespasses*, Matth. 6. 15.

8. Rem. *Lastly, let the consideration of the day of the Lord which draweth nigh, withhold your hearts from anticipating it by acts of revenge.*

Why are you so quick? is not the Lord at hand, to avenge all his abused servants? *Be patient therefore my Brethren unto the coming of the Lord: Behold the husbandman waiteth, &c. Be ye also patient, for the coming of the Lord draws nigh: grudge not one against another, Brethren, lest ye be condemned. Behold the Judge standeth at the door*, Jam. 5. 7, 8, 9. This Text affords three arguments against revenge. (1) The Lords near approach. (2) The example of the Husband-mans patience. (3) The danger we draw upon our selves by anticipating Gods judgement: vengeance is mine

mine saith the Lord, he will distribute justice more equally and impartially than you can: they that believe they have a God to right them, will not so much wrong themselves as to avenge their own wrongs.

1. *Ob.* But flesh and blood is not able to bear such abuses.

*Sol.* If you resolve to consult flesh and blood in such cases, and do no more but what that will enable you to do; never pretend to Religion. Christians must do singular and supernatural things.

2. *Ob.* But if I pack up such abuses, I shall be reckoned a fool, and every one will trample upon me.

*Sol.* (1.) You may be reckoned so among fools, but God and good men will account it your wisdom, and the excellency of your Spirits. (2.) It must be a base Spirit indeed that will trample upon a meek and forgiving Christian: and thus learn to keep your hearts from revenge under all provocations.

8. *Seas.* "The next season in which  
"we are in danger of losing our hearts  
"is, when we meet with great crosses  
"and provocations: then sinful passion  
"is apt to transport the heart, 'tis the  
K "fault

# 130 *How to keep the heart patient*

"fault of many good men to be of hasty  
 "and quick Spirits when provoked;  
 "though they dare not concockt anger  
 "into malice, for that would be a note  
 "of *wickedness*, yet are they very incident  
 "to sudden anger which is a sign of *weak-*  
 "*ness*. *Beza* in the life of *Cal-*  
*Bez. in Vit.* "vin observes, that he was, of  
*Cal. p. 109.* "a keen and hasty Spirit:  
 "and he that writes the life  
*Icon Came-* "of great *Cameron*, saith,  
*ronis.* "that his anger was soon  
 "stirred towards his near  
 "and familiar friends, but then he would  
 "easily depose it, and acknowledge his  
 "weakness: alas, when provocations  
 "and tryals of our patience come, we  
 "know not what Spirits we are of. The  
 eighth case therefore is this.

8. Case. *How the heart may be kept*  
*meek and patient under great crosses and pro-*  
*vocations?*

There are three sorts of anger, natural,  
 holy, and sinful anger. (1) Natural,  
 which is nothing else but the motion of  
 the irascible appetite towards an offen-  
 sive object, and this in it self is no sin,  
 they are propassions rather than passions;  
 the infelicities, rather than the sins of na-  
 ture, as *Jerome* calls them: reason (saith

*Plu-*

*Platarch*) is the driver, the Soul is, the Chariot, and the too horses that draw it on in all its motions, are the concupiscible and irascible appetites; whilst these are rightly managed by reason, they are not only lawful, but very useful to the Soul. God would not have us to be stupid and insensate, though he would have us to be meek and patient; in *Eph. 4. 26*. He allows the natural motion, but forbids the sinful exorbitancy. (2) Holy anger which is a pure flame, kindled by an heavenly spark of love to God, and in Scripture is called zeal, which is (as one saith) the dagger which love draws in Gods quarrel. Such was *Lot's* against the *Sodomites*, and that of *Moses* against the Idolatrous *Israelites*. When *Servetus* condemned *Zwinglius* for his harshness, his answer was, *in aliis mansuetus ero, in blasphemis in Christum, non ita*; in other cases I will be mild, but in the cause of Christ, not so. That which the World calls moderation and mildness here, is in Gods account stupidity and cowardliness, neither of these are that which I am now perswading you to keep your hearts against. But (3) There is sinful passion, that's the thing which endangers you. Now anger becomes sinful when

132 *How to keep the heart patient,*

'tis either *Causeless*, Matth. 5. 22. or *excessive*, and that either in measure or time, exceeding the value of the impulsive cause; be it more transient or abiding, yet 'tis a sin, and is matter of humiliation before God. Now the means to keep the heart from it under provocations are these.

1. Means *Get low and humble thoughts of your selves, and then you will have meek Spirits, and peaceable dispositions towards others.*

The humble is ever the patient man; pride is the root of passion, a lofty, will be a surly spirit: bladders blown up with wind, will not lye close together: but prick them, and you may pack a thousand in a small room, *only by pride cometh contention*, Prov. 13. 10. When we over-rate our selves, then we think we are unworthily treated by others, and that provokes: and here (by the way) take notice of one great benefit of acquaintance with your own hearts, even the meekning and calming of our Spirits. Christian, methinks thou shouldst know so much by thy self, that 'tis impossible any should lay thee lower, or have baser thoughts of thee than thou hast of thy self. Some render the original of that

Text



text, *Hab. 2. 5.* Thus the proud man is as he that transgresseth by wine; and drunkards you know are quarrellous: O get more humility, and that will bring you more peace.

2. Means. *Be often sweetning your spirit, in communion with God, and they will not easily be embittered with wrath towards men.*

A quiet Conscience never produced an unquiet conversation: the peace of God doth *BeßBew* rule in the heart, as an Umpire in appeasing strifes, for so much that word, *Col. 3. 15.* imports, wrath and strife are hugely opposite to the frame and temper of a spiritual heart, because inconsistent with the delight and contentment of that Dove-like Spirit; which loves a sedate and quiet breast! O saith a soul that feeds upon the sweet Communion of the Spirit, shall the sparkles of provocations now catch in my passions, & raise such a smoke in my Soul as will offend and drive away the Comforter from me? this is so effectual a remedy against passion, that I durst almost venture in a Christian of an hasty nature to make long-suffering a sign of Communion with God. Seest thou such a Christian quiet and calm under pro-

134 *How to keep the heart patient,*

vocations, 'tis very like his soul feeds upon such sweetness in God as he is loath to leave: and on the other side, seest thou a Christian turbulent and clamorous, doubtless all is not well within: his Spirit is like a bone out of joynt, which cannot move without pain and trouble.

3. Mea. *Get due apprehensions of the evil nature and effects of sinful anger: Ira, furor brevis, anger is a short madness* (saith one) *Ira anima febris* (saith another) anger is the feaver of the Soul: 'tis the *interregnum* and ecclipse of reason) saith a third.

The effects of it also are very sad.

(1) *It grieves the spirit of God*, Eph. 4. 30. Banishes him from that breast in which it rages and tumultuates, God is the God of Peace; the presence and comforts of God are only injoyed in a calm: 'tis a golden note one gives upon the forecited Text. God doth not usually bless with peace of Conscience, such as make no conscience of peace. (2) *It gives advantage to the Devil*, Eph. 4. 26, 27. Satan is an angry and discontented Spirit, and finds no rest but in restless hearts; he lives like the *Salamander* in fires of contention, he bestirs himself when the Spirits are in a commotion, sometimes he fills

fills the heart with revengeful thoughts, sometimes he fills the lips, and inflames the tongue with undecent language; even a meek *Moses* sometimes spake unadvisedly with his lips. (3.) It dis-tunes the Spirit for duty, upon this account the Apostle dissuades Husbands and Wives from jarring carriages and contentions, that their prayers be not hindred, *1 Pet.* 3. 7. All acts of worship must be suitable to the object of worship: but God is the God of peace, the God of love. (4) To mention no more, it disparages the Christian Religion. How would *Plato* and *Pythagoras* shame us if they were now living: Christ was as a Lamb for meekness, and doth it become his followers to be like Lions? O keep your hearts, or you will at once lose, not only your own peace, but the credit of Religion.

4. Mea. Consider how sweet a thing it is to a Christian to conquer his corruptions, and carry away the spoils of them.

He that is slow to anger, is better than the mighty, and he that ruleth his spirit, than he that taketh a City, *Prov.* 16. 32. Is there any content in venting a passion? how much more in mortifying it? when thou comest in a calm mood, or upon a death-bed to review thy life, how com-

136 *How to keep the heart patient,*  
fortable then will it be to reflect upon  
the conquests thou hast got by the fear of  
God over the evil propensions of thine  
own heart ! 'twas a memorable saying  
of *Valentinian* the Emperour, when he  
came to dye : among all my Conquests  
(said he) there is but one that now com-  
forts me ; and being asked what that  
was, he answered, I have overcome my  
worst enemy, mine own naughty heart.

5. *Mca.* *Shame your selves by setting  
before you those eminent patterns that have  
been most excellent for meekness.*

Above all, compare your spirits with  
the spirit of Christ, *Learn of me* (saith he)  
*for I am meek and lowly*, Matth. 11. 29.  
Christ was meek and lowly, but I am  
proud and passionate, it was the high  
commendation of *Moses*, Numb. 12. 3.  
*Now the man Moses was meek above all  
the men of the Earth : and this was the man  
that knew God face to face.* 'Tis said of  
*Calvin* and *Ursin* that they both were of  
cholerick natures, but yet had so learned  
the meekness of Christ, as not to utter  
one word under the greatest provocation  
unbecoming Religion. When I read the  
pretty stories of the very Heathens, that  
never had the advantages we have, how  
the *Pythagorians*, what ever fewds had  
been

been among them in the day, would hush all, by sending to each other this message, *The Sun is almost set; and that of Plato to his Scholar, I would beat thee if I were not angry.*

When I read what lenity and tenderness *Lycurgus* shewed to an insolent fellow that had struck out one of his eyes; I am ashamed to see how much Christians are out-shot by Heathens: who by meer moral arguments and precepts, had thus meekned their Spirits, and conquered their passions: the dim light of nature could teach *Seneca* to say, that anger will hurt a man more than the offence: for there is a certain bound in the offence, but I know not how far mine anger will carry me. 'Tis a shame that these men who come so far behind us in means and advantages, should so far out-strip us in meekness and patience.

Means 6. Lastly, *Avoid all irritating occasions.*

He that will not hear the Clapper, must not pull the Rope: grievous words stir up anger (saith *Solomon*) *Prov. 15. 1.* Do not only pray, and resolve against it, but get as far as you can out of the way of it: 'tis true Spiritual Valour to run as fast, and as far as we can out of  
sins

138 *The heart kept from yielding to sin,*  
sins way : if you can but avoid anger  
in its first rise, there is no great fear of it  
afterwards ; for it is not with this sin as  
it is with other sins ; other sins grow to  
their full strength by degrees, their first  
motions are the weakest ; but this sin is  
born in its full strength, 'tis strongest at  
first, withstand it then, and it falls before  
you. Thus learn to keep your hearts  
when provocations arise.

Season 9. The ninth Season of exert-  
ing our greatest diligence "is the Cri-  
"tical hour of temptation, wherein Sa-  
"tan lays close Siege to the Fort-Royal  
"of a Christians heart, and often sur-  
"prizes it for want of watchfulness: to  
"keep thy heart now, is no less a Mercy  
"than a duty; few Christians are so well  
"skilled in detecting the fallacies, and re-  
"torting the Arguments by which Sa-  
"tan uses to draw them to sin, as to  
"come off safe in those encounters: *Watch*  
"*and Pray* (saith our Lord) *lest ye enter*  
"*into temptation, Mark 14. 38.* Even an  
"eminent *David*, and a wise *Solomon* have  
"smarted for their carelessness at such a  
"time as this. The ninth Case therefore  
"shall be this.

Case 9. *How a Christian when strongly*  
*solicited by the Devil to sin, may keep his*  
*heart*



heart from yeilding to the temptation?

Now there are six special Arguments by which Satan subtilly insinuates and winds in the temptation; in all which I shall offer thee some help for the keeping of thy heart, and the first is this:

*Arg. 1.* The first Argument is drawn from the pleasure of sin: O (saith Satan) here is pleasure to be enjoyed; the temptation comes with a smiling countenance, and charming Voice: What, art thou so flegmatick and dull a soul, as not to feel the powerful charms of pleasure? who can with-hold himself from such delights?

Now thine heart may be kept from the danger of this temptation, by retorting this Argument of pleasure upon the Tempter; which is done two waies.

1. Thou tellest me Satan that sin is pleasant; be it so: but are the gripes of Conscience, and the flames of Hell so too? Is it pleasant to feel the wounds and throbs of Conscience? If so, Why did *Peter* weep so bitterly, *Matth. 26. 75.* Why did *David* cry out of broken bones, *Psal. 51.* I hear what thou sayest of the pleasure of sin, and I have read what *David* hath said of the terrible effects of sin in his Psalm; to bring to remem

140 The heart kept from yielding to sin,  
membrance, Psal. 38. verse 2. Thine Ar-  
rows stick fast in me, and thy Hand pres-  
seth me sore: ver. 3. There is no soundness  
in my flesh because of thine anger, neither  
is there any rest in my bones, because of my  
sin: verse 4. For mine iniquities are gone  
over mine head as an heavy burthen; they  
are too heavy for me: verse 5. My wounds  
stink and are corrupt, because of my foolish-  
ness: verse 6. I am troubled, I am bowed  
down greatly, I go mourning all the day long:  
verse 7. My loins are filled with a loath-  
some disease, and there is no soundness in  
my flesh, Verse 8. I am feeble and sore  
broken, I have roared by reason of the dis-  
quietness of my heart.

Here I see the true face of sin, If I yield  
to thy temptation, I must either feel  
these pangs of Conscience, or the flames  
of Hell.

2. What talkest thou of the pleasure  
of sin; when by experience I know  
there is more true pleasure in the mortifi-  
cation, than can be in the commission  
of sin. O how sweet is it to please God,  
to obey Conscience, to preserve inward  
Peace, to be able to say, in this tryal I  
have discovered the sincerity of my  
heart; now I know I fear the Lord, now  
I see that I truly hate sin. Hath sin any  
such

*under strong temptations.* 141  
such delight as this? this will choak that temptation.

*Arg. 2.* The second Argument is drawn from the Secrecie of sin: O (saith Satan) this sin will never disgrace thee abroad, none shall know it.

This Argument may be retorted, and the heart secured thus: Thou sayest, none shall know it; but Satan, canst thou find a place void of the Divine Presence for me to sin in? Thus *Job* secured his heart from this temptation, *Job. 31. 4. Doib he not see my waies; and count all my steps?* Therefore he makes a Covenant with his eyes, *ver. 1.* After the same manner *Solomon* teaches us to retort this temptati-  
ON, *Prov. 5. 20; 21. 2. And why my Son wilt thou be ravished with a strange woman, and embrace the bosom of a stranger? For the wayes of man are before the eyes of the Lord, and he pondereth all his goings.* What if I hide it from the eyes of all the world for the present, I cannot hide it from God; and the time is at hand, when all the World shall know it too; for the Word assures me, *Luke 8. 17. That what is done now in secret, shall be proclaimed as upon the house top.* Besides, is not my Conscience as a thousand witnesses? Do I owe no reverence to my self? could the Heathen  
man

142 *The heart kept from yielding to sin,*  
man say; *turpe quid anseras, te sine teste*  
*time*, when thou art tempted to commit  
sin, fear thy self without any other wit-  
ness: and shall not I be afraid to sin be-  
fore mine own Conscience; which al-  
waies hath a reproof in its mouth, or a  
pen in its hand, to record my most secret  
actions?

*Arg. 3.* The third Argument by which  
Satan tempteth to sin, is taken from the  
gain and profit arising out of it: Why  
so nice and scrupulous? 'tis but stretch  
Conscience a little, and thou maist make  
thy self; Now is thy opportunity.

The heart may be kept from falling  
into this dangerous snare; by retorting  
the temptation thus: But what profit  
will it be if a man should gain the whole  
world, and lose his own soul? or what  
shall a man give in exchange for his  
soul? *Mat. 16. 26.* O my soul, my pre-  
cious soul! shall I hazard thee for all  
the good that is in this world? There is  
an immortal spirit dwelling in this flesh-  
ly Tabernacle, of more value than all  
earthly things, which must live to all e-  
ternity, when this world shall lie in  
white ashes: A soul for which Jesus  
Christ shed his precious and invaluable  
Blood; I was sent into this world to pro-  
vide

vide for this soul; indeed God hath also committed to me the care of my body, but (as one happily expresses it) with this difference; a Master commits two things to a Ser- *Gospel Glass*  
vant, the Child, and the *p. 3.*

Childs cloaths: will the Master thank the Servant, if he plead, I have kept the cloaths, but I have neglected the life of the Child.

*Arg. 4.* The fourth Argument is drawn from the smallness of the sin; 'Tis but a little one, a small matter, a trifle; who would stand upon such niceties?

This Argument may be retorted three ways.

1. But is the Majesty of Heaven a little one too? If I commit this sin, I must offend and wrong a great God, *Isa. 40. 15, 16, 17, 22.*

2. Is there any little Hell to torment little sinners in? Are not the least sinners there filled with the fulness of wrath? O there is great wrath treasured up for such as the world counts little sinners.

3. The less the sin, the less the inducement to commit it: What, shall I break with God for a trifle? destroy my peace, wound my Conscience, grieve the Spirit, and all this for nothing? Oh what madness is this?

*Arg.*

144 *The heart kept from yielding to sin,*

*Arg. 5.* A fifth Argument is drawn from the Grace of God, and hopes of pardon: Come, God will pass by this as an infirmity, he will not be extream to mark it.

But stay my heart,

1. Where do I find a promise of mercy to presumptuous sinners? indeed for involuntary surprisals, unavoidable and lamented infirmities, there is a pardon of course, but where is the promise to a daring sinner, that sins upon a presumption of pardon? Pause a while my soul upon that Scripture, *Numb. 15. 27, 30.* *And if a Soul sin through ignorance, then he shall bring a She-Goat, of the first year for a Sin-offering, &c. But the soul that doth ought presumptuously, the same reproacheth the Lord, and that soul shall be cut off from among his people.*

2. If God be a God of so much mercy, how can I abuse so good a God? Shall I take so glorious an attribute as the mercy of God is, and abuse it unto sin? shall I wrong him because he is good? or should not rather the goodness of God lead me to repentance, *Rom. 2. 4.* *There is mercy with thee, that thou maist be feared,* *Psal. 130. 4.*

*Arg. 6.* Lastly, Sometimes Satan in-

cou-



courages to sin from the examples of good and holy men, thus, and thus they have sinned, and been restored, therefore this may consist with grace; and thou be saved nevertheless. The danger of this temptation is avoided, and the heart secured; by retorting the argument these three waies.

1. Though good men may commit the same sin materially, which I am tempted to, yet did ever any good man venture to sin; upon such a ground and encouragement as this?

2. Did God record these examples for my imitation, or for my warning? are they not set up as sea-marks, that I might avoid the rocks upon which they split? *i Cor. 10. 6. now these were our examples, to the intent we should not lust after evil things, as they also lusted.*

3. Am I willing to feel what they felt for sin? O I dare not follow them in the waies of sin! *quia me vestigia terrent;* Least God plunge me into the deeps of horreur, into which he cast them.

Thus learn to keep your hearts in the hour of temptation to sin.

10. *Season.* The tenth special season "to keep the heart with all diligence," "in the time of spiritual darkness and

L

"doubt-

146 *Desperate conclusions kept out,*

“doubting when it is with the Soul, as if  
“was with *Paul* in his dangerous voy-  
“age, neither Sun, nor Moon, nor Star  
“appears for many daies: when by rea-  
“son of the hidings of Gods face, the  
“prevalency of corruption, and the in-  
“evidence of grace; the soul is even  
“ready to give up all its hopes and com-  
“forts for lost; to draw sad and despe-  
“rate conclusions upon it self; to call  
“its former comforts vain delusions;  
“its grace hypocrisie. When the le-  
“rene and clear Heavens are overcast  
“with dark clouds, yea filled with thun-  
“ders, and horrible tempests; when  
“the poor pensive Soul sits down and  
“weeps forth this sad lamentation, *my*  
“*hope is perished from the Lord!* now to  
“keep the heart from sinking in such a  
“day as this, to enable it to maintain  
“its own sincerity, is a matter of great  
“difficulty. The tenth Case then will  
“be this.

*Case 10. How the people of God in dark  
and doubting seasons, may keep their hearts  
from entertaining such sad conclusions about  
their estates, as destroy their peace, and unfit  
them for their Duty.*

There are two general heads, to which  
the grounds of doubting our sincerity  
may

may be reduced. (1) Gods carriage towards the Soul, either in the time of some *extraordinary affliction*, or of some long and *sad desertion*. Or, (2) The souls carriage towards God: And here it usually argues against the truth of its own graces, either (1) From its relapses into the same sins, from which it hath formerly risen, with shame and sorrow. Or, (2) From the sensible declining of its affections from God. Or, (3) From the excess of the affections towards creature-comforts and enjoyments. Or, (4) From its enlargements in publick, and often straitnings in private duties. Or, (5) From some horrid injections of Satan, with which the soul is greatly perplexed. Or, Lastly, from Gods silence, and seeming denial of its long depending Suits and Prayers.

These are the common grounds of those sad conclusions: Now in order to the establishment and support of the heart in this condition it will be necessary.

1. That you be acquainted with some general Truths, which have a tendency to the settlement of a trembling and doubting Soul.

2. That you be rightly instructed about

148 *Desperate conclusions kept out,*  
bout the fore-mentioned Particulars,  
which are the grounds of your doub-  
ing.

The general truths requisite for poor  
doubting souls to be acquainted with,  
are these :

1. *That every working and appearance of  
hypocrisie doth not presently prove the person  
in whom it is to be an Hypocrite.* You must  
carefully distinguish between the presence  
and predominancy of hypocrisie: there are  
remains of deceitfulness in the best hearts;  
*David* and *Peter* had sad experience of it,  
yet the standing frame and general bent  
of the heart being upright; it did not  
denominate them Hypocrites.

2. *That we ought as well to hear what  
can be said for us, as against us:* It is the  
sin of upright hearts sometimes to use  
an over ridged, and merciless severity  
against themselves: they do not indif-  
ferently consider the case of their own  
souls: it is in this case as *Solomon* speaks  
in another, *Prov. 13. 7.* *There is that  
maketh himself rich, and yet hath nothing;  
and there is that maketh himself poor, and  
yet hath great riches.* 'Tis the damning sin  
of the self-flattering Hypocrite, to make  
his condition better than it is: and it  
is the sin and folly of some upright  
ones

ones to make their condition worse than indeed it is. Why should you be such enemies to your own peace? to read over the evidences of Gods love to your Souls, as a man doth a Book which he intends to confute? why do you study to find evasions, to turn off those comforts which are due to you? 'tis said of *Joseph* that he was minded to put away his espoused *Mary*, not knowing that that holy thing which was conceived in her, was by the holy Ghost: and this may be your case. A third truth is this.

3. *That many a Saint hath charged and condemned himself for that, which God will never charge him with, nor condemn him for.* Why hast thou hardned our hearts from thy fear (saith the Church) *Isa. 63. 17.* and yet the verse before manifests, that their hearts were not so hardned: godly *Bradford* wrote himself an hypocrite, a painted sepulchre; yet doubtless God acquitted him of that charge.

4. *Every thing which is a ground of grief to the people of God, is not a sufficient ground of questioning their sincerity.* There are many more things to trouble you than there are to stumble you: if upon every slip and falling through infirmity, you should question all that ever was  
L 3 wrought

150 *Desperate conclusions kept out,*  
wrought upon you, your life must be made up of doubtings and fears: you can never attain a settled peace, nor live that life of praise and thankfulness, the Gospel calls for.

5. *The Soul is not at all times fit to pass judgement upon its own condition:* To be sure in the dark day of desertion, when the Soul is benighted; and in the stormy day of temptation, when the soul is in a hurry; 'tis utterly unfit to judge its estate: examine your hearts upon your beds, and be still, *Psal. 4.* This is rather a season for watching and resisting, than for judging, and determining.

6. *That every breach of peace with God, is not a breach of Covenant with God:* The wife hath many weaknesses and failings, often grieves and displeases her husband; yet in the main is faithful, and truly loves him: these failings may cause him to alter his carriage, but not to with-draw his love, or deny his relation. *Return O back-sliding Israel for I am married unto you.*

7. *Lastly, what ever our sin, or trouble be, it should rather drive us to God, than from God.* Pardon my sin for it is great, *Psal. 25. 11.* Suppose it be true, that thou hast so, and so sinned, that thou art thus long and sadly deserted; yet 'tis a false  
infe-



inference, that therefore thou shouldest be discouraged, as if there were no help for thee in thy God. When you have well digested these seven establishing truths, if still the doubt remain, then consider, what may be replied to the particular grounds of those doubts. As,

1. You doubt, and are ready to conclude the Lord hath no regard or love for your souls, because of some extraordinary affliction which is come upon you: but I would not have thy soul so to conclude till thou be able satisfactorily to answer those three questions.

1. *Quest.* If great troubles and afflictions be marks of Gods hatred, why should not impunity and constant prosperity be tokens of his love? for *contrariorum contraria est ratio & consequentia*: of contrary things, there is a contrary reason and consequence: but is this so indeed? or saith not the Scripture quite otherwise? *Prov. 1. 32. The prosperity of fools destroy them.. So Psal. 73. 5.*

2. *Quest.* Dare I draw the same conclusion upon all others that have been as much, yea more afflicted than my self? if this argument conclude against thee, then so it doth against every one in thy condition; yea, the greater the affliction

152 *Desperate conclusions kept out,*

of any Child of God hath been, the more strongly the argument still concludes: and then woe to *David, Job, Heman, Paul*, and all that have been afflicted as they were.

3. *Quest.* Had God exempted you only from those troubles, which all other his people feel, would not that have been a greater ground of doubting to you than this? especially since the Scripture saith, *Heb. 12. 8. If ye be without chastnings whereof all are partakers, then are ye Bastards, and not Sons.*

O how is our Father put to it by forward Children! if he afflicts, then one cries he loves me not: if he exempt from affliction, others question his love upon that ground. Surely you have other work to do under the rod than this.

2. Or do you rashly infer, the Lord hath no love for you, because he hides his face from you, that your condition is miserable, because dark and uncomfortable, before you draw such rash conclusions, see what answer you can give to these 4. following queries.

1. *Quer.* If any action of God towards his people will bear a favourable, as well as an harsh and severe construction, why should not his people interpret it in the best sense?

And

And is not this such? may he not have a design of love as well as of hatred in this dispensation? may he not depart for a season, and not for ever, yea, that he might not depart for ever? you are not the first that have mistaken Gods ends in desertion, *Isa. 49. 14.* *Sion said, the Lord hath forsaken me, my God hath forgotten me:* was it so indeed? nothing less *ver. 15.* can a Mother forget, &c.

2. Quer. *Do you find the marks of an absolute, total and final desertion upon your own Spirits, that you are so apt to conclude yours to be such?* Do you find your heart inclined to forsake God? have you lost your conscientious tenderness in point of sin? if so, Sad characters appear upon you indeed: but if in this dark hour, you are as tender of sin as ever, as much resolved to cleave to God as ever; I cannot, I will not forsake God, let him do what he will with me, Oh no, I cannot. If your hearts work thus, it can be but a partial, limited and temporary desertion; by this he still keeps his interest in your hearts, a sure sign he will return and visit you again.

3. Quer. *Is sense and feeling a competent judge of Gods actions and designs.* Or may a man safely rely upon its testimony after

154 *Desperate conclusions kept out,*  
after so many discoveries of the infallibility of it? is this a sound argument? if God had any love for my soul, if it were not quite gone, I should feel it now as well as in former times; but I cannot feel it, therefore it's quite gone. Do not you know the Sun still keeps on his course in the Heavens even in full and close weather, when you cannot see it? and may it not be so with the Love of God? read *Isa. 50. 10.* may I not as well conclude in Winter when the flowers have hid their beautiful heads under ground, they are quite dead and gone, because I cannot find them in *December*, where I saw them in *May*?

4. *Quer.* Think you the Lord cares not to break his Childrens hearts, and his own promise too? hath he no more regard to either? if he return no more, these must be the consequents, *Isa. 57, 16, 17. Heb. 13. 5.*

Well then, from Gods carriage towards you, either in affliction or desertion no such discouraging, heart-sinking conclusions can be inferr'd. Next let us see whether they may not be inferr'd from our carriage towards God: and here the principal grounds of doubting are such as these.

1. I have fallen again into the same sin from which I have formerly risen with repentance and resolution, therefore my sinning is customary sinning, a spot that is not the spot of Gods Children: hence the upright soul trembles, upon this 'tis ready to affirm that all its former humiliations for, and oppositions unto sin, were but acts of hypocrisie. But stay poor trembling heart.

1. Quer. *If this be so, how comes it to pass that Christ put such a favourable construction upon the Disciples sleeping the third time, when he had as often reprov'd them for it? Matth. 26. 40, 41.* And how is it that we find in Scripture so many promises made not only to the first sins, but also to the backslidings of Gods people, *Jer. 3. 22. Hos. 14. 4.*

2. Quer. *Is not your repentance and care renned, as often as your guilt is renned? Yea the oftner you sin, the more you are troubled? it is not so in customary sinning, the rise whereof Bernard excellently discovers* *Lid. de Conse. (1)* (saith he) *when a man* *p. 1109.* accustomed to good, sinneth grievously, it seems importable, yea he seems to descend alive into Hell. (2) In procel of time it seems not importable,

156 *Desperate conclusions kept out,*

ble, but heavy; and betwixt importable and heavy there is no small descent. (3) Next it becomes light, his conscience smites but faintly, and he feels not the stripes of it. (4) Then there is not only a total insensibleness of it, but that which was bitter and displeasing, is now become sweet and pleasing in some degree. (5) Then 'tis turned into custom, and not only pleases, but daily pleases. Lastly, custom is turned into nature, he cannot be pull'd away from it; but defends and pleads for it: this is customary sinning, this is the way of the wicked; but the quite contrary is our condition.

3. *Quer. Are you sure from Scripture grounds that a good man may not relapse again and again into the same sin?* 'Tis true, as for gross sins, they do not use to relapse into them. *David* committed Adultery no more, *Paul* persecuted the Church no more, *Peter* denyed Christ no more; but I speak of ordinary infirmities: *Job's* friends were good men, yet (saith he) *Chap. 19. 3. These ten times have ye reproached me.* So then, no such conclusions follow from this first ground of doubting.

2. *The second ground is, the declining and withering of our affections to spiritual things,*



things, O faith the upright Soul, if ever I had been planted a right seed, I should have been as a green Olive-tree in the house of my God: but my branches wither, therefore my root is naught. But stay,

1. *Quer.* May you not be mistaken about the decay of grace, and fading of your affections? What if they be not so quick and ravishing as at first? may not that be recompensed in the spirituality and solidity of them now? 1 *Phil. 9.* I pray God your love may abound more and more in all judgement: it may be more solid, though not so fervent: or do you not mistake by looking forward to what you would be, rather than backward to what once you were? 'tis a good note of *Ames*: we discern the growth of Grace, as the growth of plants, which perceive rather *crevisse quam crescere*, to have grown than to grow.

2. *Quer.* But grant it be so indeed as you affirm, must it needs follow that the root of the matter is not in you? *David's* last waies are distinguished from his first, 2 *Chron. 17. 3.* and yet both first and last, a holy man. The Church of *Ephesus* is charged by Christ for leaving her first love, and yet a golden Candlestick,

— many

158 *Desperate conclusions kept out,*  
many precious Saints in that Church,  
*Revel. 2. 2, 3, 4.*

3. A third ground of these sad conclusions is, the excess of our affections to some creature injoyments. I fear I love the creature more than God, and if so, my love is but hypocritical. I sometimes feel stronger, and more sensible motions of my heart to some earthly comforts, than I do to heavenly objects: therefore my soul is not upright in me,  
But stay Soul,

(1. Quer.) *May not a man love God more solidly and strongly, than the creature, and yet his affections to the Creatures be sometimes moved more violently and sensibly than toward God?* as rooted malice argues a stronger hatred, than a sudden, though more violent, passion; so we must measure our love, not by a violent motion of it, now and then, but by the depth of the root, and constancy of its actings: because David was so passionately moved for Absalom, Joab concludes that if he had lived, and all the people dyed; *It would have pleased him well* 2 Sam. 19. 7. but that was argued more like a Soldier than a Logician.

(2. Quer.) *If you indeed love the creature for it self, if you make it your end, and religion*

religion but a means, then the conclusion is rightly drawn upon you. But if you love the creature in reference to God, and see nothing in it separated from him, though sometimes your affections offend in the excess: this is consistent with sincere love to God. To love the creature inordinately (*i. e.*) to put it in Gods room, and make it a mans end; this is the love of a carnal heart: to love it immoderately, that is, to let out more affection to it than we ought, is sometimes the sin of the best hearts.

(3. Quer.) *Have not many Souls feared as you do, that when Christ and creature, should stand as competitors in some eminent tryal they should forsake Christ rather than the Creature, and yet when brought to that Dilemma have been able to cast all the world at their heels for Christ? Many of the Martyrs had such fears, and thus they were satisfied: the prevalency of love is best seen at parting: there may be more love to Christ in thy soul than thou art now aware of; and if God bring thee to such a pinch thou maist see it.*

4. A fourth ground of these sad conclusions is from hence, that we find our hearts sometimes more straitned in private, than in publick duties. O that my  
Soul

160 *Desperate conclusions kept out,*  
Soul were sincere; its actings in Duty  
would be uniform, I fear I am but a *Pha-*  
*risee* upon this ground: 'Tis sad indeed  
we should at any time find our hearts  
straitned in private. But,

1. *Quer.* Do not all thine enlargements  
in duty whether publick or private, depend  
upon the Spirit, who is the Lord of influen-  
ces, and according as he gives out, or holds  
back those influences, so art thou enlarged or  
straitned? And what if sometimes he  
please to give that in a publick, which he  
with-holds in a private duty, as long as  
thy Soul is satisfied in neither without  
Communion with God, and the strait-  
ness of thy heart is indeed its burden;  
doth that argue thee to be an Hypo-  
crite?

(2. *Quer.*) Dost thou not make Con-  
science of private duties, and set thy self as  
before the Lord in them? Indeed, if thou  
live in the constant neglect, or careless  
performance of them, if thou art *curious*  
about publick, and *careless* about pri-  
vate duties, that would be a sad sign:  
but when you have conscientiously per-  
formed and often met with God in them  
it will not follow you are insincere;  
because that communion is sometimes  
interrupted. Besides,

(3. *Quer.*)

(3. Quer.) *May there not be something at sometimes in a publick, which is wanting in a private duty, to raise and advantage thine affections.* God may sometimes make use of the melting affections of them, with whom thou hearest or prayest, as petty instruments to move thy affections; this advantage is wanting in private: therefore from hence (the case so standing) no such inference can be drawn.

5. Another ground is from those horrid injections of Satan, with which the Soul is greatly perplexed; by these I may see, what an heart I have: can grace be where these are?

Yes, grace may be where such thoughts are, though not where they are lodged and consented to: dost thou cry out under the burden, enter thy protest in Heaven against them; strive to keep up holy and reverend thoughts of God? then 'tis a *rape*, not a *voluntary prostitution*.

6. The last ground of these sad conclusions, is the Lords long silence, and seeming denial of our long depending suits and prayers. O if God had any regard to my soul, he would have heard my cries before now! but I have no answer from him, therefore no interest in him. But stay, doubting Soul.

M

(1. Quer.)



162 Desperate conclusions kept out.

(1. Quer.) Have not many Saints stumbled upon this stone before thee? Psal. 31. 22. I said in my haste, I am cut off from before thine eyes: nevertheless thou heardest the voice of my supplication. So the Church, Lam. 3. 44. Thou coverest thy self with a cloud, that our prayers should not pass through. Jonab 2. 4. Then said I, I am cast out of thy sight, and may not you be mistaken in this matter as well as they?

2. Quer. Though Gods abhorring, and final rejecting prayer be an argument of his abhorring the person that prayes; yet dare we conclude so from a meer suspension of the answer? God may bear long with his own Elest, that cry unto him day and night, Luke 18. 7.

3. Quer. Can you deny but that there are some signs appearing in your Souls even whilst God suspends his answer that argue your Prayers are not rejected by him? as (1) Though no answer come, yet you are still resolved to wait: you dare not say as that prophane wretch did, 2 Kings 6. 33. This evil is of the Lord, why should I wait for him any longer. (2) You can clear and justifie God still, and lay the reason and cause of his silence upon yourselves. So did David, Psal. 21. 3. O



*My God, I cry in the day time; and thou hearest not; and in the night and am not silent, but thou art holy, &c.* (3) The suspension of Gods answer makes you inquisitive into your own heart; what evils are there that obstruct your prayers; So the Church, *Lam. 3. 8. He smothereth out my prayer:* and how doth this work? you may see *v. 40. Let us search and try our waies:* well then, neither from hence may you conclude that God hath no love for your souls,

And thus I have shew'd you, how to keep your hearts in a dark and doubting season from those desperate conclusions of unbelief. God forbid any false heart should encourage it self from these things, 'tis our unhappiness that when we give Saints and sinners their proper portions, that each of them are so prone to take up the others part.

**II. Season.** "The eleventh special season calling for this diligence to keep our hearts is, when sufferings for Religion come to an height; then look to your hearts: *Mat. 24. 8, 9, 10. All these are the beginning of sorrows, and they shall deliver you up to be afflicted, and shall kill you; and ye shall be hated of all nations*

164 To keep the heart from backsliding,  
 nations for my names sake: and THEN  
 shall many be offended. When sufferings  
 for Religion grow hot, then blessed is he  
 that is not offended in Christ, troubles  
 are then at an height. (1) When a  
 mans nearest friends and relations for-  
 sake and leave him, *Micb. 7. 5, 6.*  
 (2) *2 Tim. 4. 16.* When a man is engaged  
 alone. (3) When it comes to resisting  
 to blood, *Heb. 12. 4.* (3) When tempta-  
 tions are presented to us in our suffer-  
 ings, *Heb. 11. 37.* (4) When eminent  
 persons for profession turn aside, and  
 desert the cause of Christ, *2 Tim. 2. 19.*  
 (5) When God hides his face in a suf-  
 fering hour, *Jer. 17. 17.* (6) When  
 Satan falls upon us with strong temp-  
 tations to question the grounds of our  
 sufferings, or the Souls interest in Christ:  
 Now 'tis hard to keep the heart from  
 turning back and the steps from decli-  
 ning Gods waies. The eleventh que-  
 stion then shall be this.

11. Case. How the heart may be kept  
 from relapsing under the greatest sufferings  
 for Religion? If the bitterness of sufferings  
 at any time cause thy Soul to distaste the  
 way of God and take up thoughts of  
 forsaking it, stay thine heart under that  
 temptation by propounding these eight  
 questions solemnly to it. 1. Quest.

1. *Quest.* *What reproach and dishonour shall I powr upon Christ and Religion, by deserting him at such a time as this?* This will proclaim to all the world, that how much soever I have boasted of the Promises, yet when it comes to the tryal, I dare hazard nothing upon the credit of them: and how will this open the mouths of Christs enemies to Blaspheme? O better had I never been born than that worthy name should be Blasphemed through me! shall I furnish the triumphs of the uncircumcised? shall I make mirth in Hell? O if I did but value the name of Christs, much as many a wicked man values his own name! I would never endure to see it exposed to such contempt; will proud dust and ashes venture Death, yea Hell, rather than a blot upon their name? and shall I venture nothing to save the honour and reputation of Christ?

2. *Quest.* *Dare I violate my Conscience to save my flesh? who shall comfort me when conscience wounds me? What comfort is there in Life, Liberty, or Friends, when peace is taken away from the inner man? When Constantine threatened to cut off Samosatenus his right hand if he would not subscribe somewhat that was against*

166 To keep the heart from backsliding his conscience, he held up both his hands to the Messenger that was sent, saying, he shall cut off both rather than I will do it: farewell all peace, joy and comfort, from that day forward; had *Zimri* peace that slew his Master? said *Jezabel*; so say I here, had *Judas* peace? had *Spir* peace? and shall you have peace if you tread in their steps? O consider what you do.

3. Quest. Is not the publick interest of *Christ* and Religion infinitely more than any private interest of my own? 'Tis a famous passage that of *Terentius* Captain to *Adrian* the Emperour, he presented a petition to *Adrian* that the Christians might have a Temple by themselves to worship God, apart from the *Adrians*: the Emperour tore his Petition and threw it away, bidding him to ask somewhat for himself, and it should be granted: but he modestly gathered up the pieces of his Petition again, and told him, *If he could not be heard in Gods cause, he would never ask any thing for himself*: Yea, even *Tully*, though an Heathen, could say, *ne immortalitatem quidem contra rem publicam*: he would not accept even of immortality it self against the Common-wealth. O if we had more publick, we should not have

have such cowardly Spirits.

4. Qu. Did Jesus Christ serve me so, when for my sake he exposed himself to far greater sufferings than can be before me? His sufferings were great indeed, he suffered from all hands, in all his Offices, in every member, not only in his body, but in his Soul; yea the sufferings of his Soul, were the very Soul of his sufferings; witness the bloody sweat in the garden, witness the heart-melting and heaven-rending out-cry upon the cross, *My God, my God, why hast thou forsaken me?* and yet he flinched not, he endured the Cross, despising the shame. Alas! what are my sufferings compared with Christs? he hath drunk up all that Vinegar and Gall that would make my sufferings bitter. When one of the Martyrs was asked, why he was so merry at his death? Oh said he! it is because the Soul of Christ was so heavy at his death: did Christ bear such a burden for me, with unbroken patience and constancy? and shall I shrink back for momentary and light afflictions for him?

5. Qu. Is not eternal life worth the suffering of a moments pain? If I suffer with him, I shall reign with him. O how will men venture life and limb for a fading



168 *To keep the heart from backsliding*

Crown swim through Seas of blood to a Throne? and will I venture nothing? suffer nothing for the Crown of Glory that fadeth not away? my dog will follow my Horses heels from morning to night, take many a weary step through mire and dirt, rather than leave me, though at night all he gets by it is but bones and blows. If my Soul had any true greatness, any sparks of generosity in it, how would it despise the sufferings of the way, for the glory of the end! how would it break down all difficulties before it, whilst by an eye of Faith it sees the forerunner who is already entered, standing as it were upon the walls of Heaven, with the Crown in his hand, saying, he that overcometh shall inherit all things: come on then, my Soul come on, there is eternal life laid up for them that by patient continuance in well doing, seek for glory, honour and immortality, *Rom. 2. 7.*

6. *Qu. Can I so easily cast off the society and company of the Saints, and give the right hand of fellowship to the wicked? How can I part with such lovely companions as these have been? how often have I been benefited by their counsels? Ezra 10. 3. how often refreshed, warmed, and quick-*



quickned by their company? *Eccles.* 4. 10, 11. How often have I fasted and prayed with them? what sweet counsel have I taken with them, and gone to the house of God in company? and shall I now shake hands with them, and say, farewell all ye Saints for ever, I shall never be among you more; come drunkards, swearers, blasphemers, persecutors, you shall be my everlasting companions? O rather let my Body and Soul be rent aunder, than that ever I should say thus to the excellent of the earth, in whom is all my delight.

*Quest. 7. Have I seriously considered the terrible Scripture Comminations against back-sliders? O my heart! darest thou turn back upon the very points of such threatnings as these? Jer. 17. 5, 6. Thus saith the Lord, cursed be the man that trusteth in man, and maketh flesh his arm; and whose heart departeth from the Lord, for he shall be like the Heath in the Desert, and shall not see when good cometh; (i. e.) the curse of God shall wither him root and branch: And Heb. 14. 26, 27. If we sin wilfully after we have received the knowledge of the truth, there remaineth no more sacrifice for sins, but a certain fearful looking for of Judgement, and fiery indignation which shall de-*

170 To keep the heart from backsliding  
vour the adversaries: And again, verse  
38. If any man draw back, my soul shall  
have no pleasure in him: as if he should say  
take him World, take him Devil for your  
own, I have no delight in him. O who  
dare draw back, when God hath hedged  
up the way with such terrible threats as  
these!

Quest. 8. Can I look Christ in the face at  
the day of Judgement, if I desert him  
now?

He that is ashamed of me and of my words,  
in this adulterous and sinful Generation, of  
him shall the Son of man be ashamed, when  
he cometh in the glory of his Father, with the  
holy Angels, Mark 8. 38. Yet a little  
while, and you shall see the sign of the  
Son of man coming in the clouds of hea-  
ven with Power and great Glory: the  
last Trump shall sound, the dead, both  
small and great, even all that sleep in the  
dust shall awake, and come before that  
great white Throne, on which Christ shall  
sit in that day. And now do but imagine  
thou sawest the trembling knees, and  
quivering lips of guilty sinners; imagine  
thou heardest the dreadful sentence of  
the Judge upon them, *Goe ye cursed, &c.*  
and then a cry, the weeping, wail-  
ing, and wringing of hands, that there  
shall

shall be : wouldst thou desert Christ now to protract a poor miserable life on earth? If the Word of God be true, if the sayings of Christ be sealed and faithful, this shall be the portion of the Apostate : 'Tis an easy thing to stop the mouth of conscience now, but will it be easy to stop the mouth of the Judge then? thus keep thy heart, that it depart not from the living God.

Seas. 12. The twelfth season of looking diligently to our hearts, and keeping them with greatest care, is the time of sickness : "When a child of God draws  
"nigh to eternity; when there are but  
"a few sands more in the upper part of  
"his Glass to run down; Now Satan busi-  
"ness bestirs himself : of him it may be  
"said, as of the natural Serpent, *iniquatus*  
"*nisi moriens producit in laqueum*; he is  
"never seen at his full length till dying:  
"and now his great design, since he  
"cannot win the Soul from God; is to  
"discourage, and make it unwilling to  
"go to God : though the gracious soul  
"with Jacob, should then rouse up it self  
"upon a dying bed, and rejoyce that the  
"marriage day of the Lamb is now al-  
"most come; though it should then say  
"with dying *Anstet*: *Vivere renuo ut*  
Christo

## 172 *How to encourage the heart*

“*Christo vivam*, I despise life to be with  
 “Christ. Or as dying *Milius*, when one  
 “asked him whether he were willing to  
 “dye? O said he! *Illius est nolle mori*  
 “*qui nolit ire ad Christum*; let him be un-  
 “willing to dye, who is unwilling to go  
 “to Christ. But O! what shrinking from  
 “death? What loathness to depart;  
 “may sometimes (indeed too frequent-  
 “ly) be observed in the people of God?  
 “How loath are some of them to take  
 “Death by the cold hand? If such a li-  
 “berty were indulged to us, not to be  
 “dissolved till we dissolve our selves;  
 “when should we say, with *S. Paul*, I de-  
 “sire to be dissolved? Well then, the last  
 “Case shall be this:

Case, 12. *How the people of God in times  
 of sickness may get their hearts loose from  
 all earthly engagements, and perswade them  
 into a willingness to dye.*

And there are seven arguments which  
 I shall urge upon the people of God at  
 such a time as this, to make them cheer-  
 fully entertain the Messengers of Death,  
 and dye as well as live like Saints; and  
 the first is this.

1. Argu. *First the harmlesness of death  
 to the people of God.* Though it keeps its  
 dart, it hath lost its sting: a Saint (to  
 allude

allude to that, *Isa. 11. 8.*) May play upon  
the hole of this Aspe, and put his hand into  
the Cockatrice den. Death is the Cocka-  
trice, or Aspe, the grave is his hole or den:  
a Saint need not fear to put his hand  
boldly into it: it hath left and lost its  
sting in the sides of Christ, *1 Cor. 15. 55.*  
O Death! where is thy sting? why art thou  
affraid? O Saint! that this sickness may  
be thy death, as long as thou knowest  
that the death of Christ, is the death of  
death; indeed, if thou didst dye in thy  
sins as *Job. 8. 21.* If death as a King did  
reign over thee, *Rom. 5. 14.* if it could  
feed upon thee as the Lyon doth upon  
the prey he hath taken; as *Psal. 49. 14.*  
*If Hell followed the pale horse as it is, Rev.*  
*6. 8.* Then thou mightest well startle  
and shrink back from it; but when God  
hath put away thy sins from thee, as far  
as the East is from the West, *Psal. 103. 13.*  
As long as there is no other evil left in  
death, for thee to encounter with, but  
bodily pain: as long as the Scriptures  
represent it to thee under such harmless  
and easie notions, as the putting off thy  
cloaths, *2 Cor. 5. 2.* And lying down to  
sleep upon thy bed, *Isa. 57. 2.* Why should-  
est thou be afraid? there is as much dif-  
ference betwixt death to the people of  
God,

174 *How to encourage the heart*

God, and others; as betwixt the *Unicorns* horn when it is upon the head of that fierce beast, and when it is in the *Apothecaries* Shops; where it is made salubrious and medicinal.

2. Arg. *Thy heart may be kept from shrinking back at such a time as this, by considering the necessity of death; in order to the full fruition of God.*

Whether thou art willing to dye or no, I assure thee there is no other way to obtain the full satisfaction of thy Soul, and compleat its happiness, till the hand of death do thee the kind office to draw aside the Curtain of Flesh, thy Soul cannot see God: this animal Life stands betwixt him and thee, 2 Cor. 5. 6. *Whilst we are at home in the body, we are absent from the Lord.* Thy body must be refined and cast into a new mould, else that new wine of heavenly Glory would break it. *Paul* in his highest rapture, 2 Cor. 12. 4. when he heard things unutterable, was then but as a stander by, a looker on; not admitted into the company, as one of them; but as the Angells are in our assemblies, so was *Paul* in that glorious assembly above, and no otherwise; and yet even for this he must as it were be taken out of the body, unclothed for a little



little time; to have a glimpse of that glory, and then put on his cloaths again. O then! Who would not be willing to dye for a full sight and enjoyment of God? Methinks thy Soul should look and sigh like a Prisoner through the Grates of this Mortality; *O that I had wings like a Dove, then would I fly away, and be at rest*: Most men need patience to die, but a Saint that understands what death admits him to, should rather need patience to live; methinks he should often look out and listen on a death-bed for his Lords coming; and when he receives the news of his approaching change, should say; *The voice of my Beloved, behold he cometh leaping over the Mountains, skipping over the Hills, Cant. 2. 8.*

Arg. 3. Another Argument perswading to this willingness, is the immediate succession of a more excellent and glorious life.

'Tis but wink, and you shall see God: your happiness shall not be deferred till the Resurrection; but as soon as the body is dead, the gracious soul is swallowed up in life, *Rom. 8. 10, 11.* When once you have loosed from this shore, in a few moments, your souls will be wafted over upon the wings of Angels to the other

176 *How to encourage the heart*

other shore of a glorious eternity. *Phil. 1. 23. I desire to be dissolved and to be with Christ*: Did the Soul and Body dye together, as *Berillus* taught? or did they sleep till the Resurrection as others have groundlessly fancied? it had been a madness for *Paul* to desire a dissolution for the enjoyment of Christ. For if this were so, he enjoyed more of Christ whilst his Soul dwelt in its fleshly Tabernacle, than he should out of it.

There are but two waies of the Souls living, known in Scripture, *viz.* the life of *faith*, and the life of *vision*, *1 Cor. 5. 5.* those two divide all time both present and future betwixt them, *1 Cor. 13. 12.* If when Faith fails, Sight should not immediately succeed, what should become of the unbodied Soul? but blessed be God, this great heart-establishing truth is evidently revealed in Scripture, *Luke 23. 43.* you have Christs promise *John 14. 3. I will come and receive you to my self.* O what a change will a few moments make upon your condition! rouse up dying Saint, when thy Soul is come out a little farther; when it shall stand like *Abraham* in its Tent door, the Angels of God shall soon be with it: the Souls of the elect are as it were put out to the Angels

gels to nurse, and when they dye, these Angels carry them home again to their Fathers house: if an Angel were caused to fly swiftly to bring a Saint the answer of his prayer, *Dan. 9. 21.* How much more will the Angels come post from Heaven to receive and transfer the praying Soul it self?

4. Arg. Farther, *It may much conduce to thy willingness to dye, to consider; that by death God oft times hides his people out of the way of all temptations and troubles upon earth, Rev. 14. 13. Write, from henceforth, blessed are the dead that dye in the Lord.*

'Tis Gods usual way, when some extraordinary calamities are coming upon the world, to set his people out of harms way beforehand, *Isa. 57. 1. Merciful men are taken away from the evil to come. So Mich. 7. 1, 2.* When such an evil time comes as is there described: *That they all lie in wait for blood, and every man hunts his brother with a net:* before that, God by an act of favour houses his people before hand, dost thou know what evil may be in the earth, which thou art so loath to leave? thy God removes thee for thy great advantage, thou art disbanded by death, and called off the field; other poor Saints must stand to it, and endure a great fight of afflictions.

N

'Tis

# 178 *How to encourage the heart*

'Tis observed that *Methusala* dyed the very year before the flood, *Augustin* a little before the sacking of *Hippo*; *Pareus* just before the taking of *Heidelberg*: *Luther* observes that all the Apostles dyed before the destruction of *Jerusalem*: and *Luther* himself before the wars brake out in *Germany*: it may be the Lord sees thy tender heart cannot endure to see the misery, or bear the temptations that are coming, and therefore will now gather thee to thy grave in peace, and yet wilt thou cry, O spare me a little longer?

5. Arg. If yet thy heart hang back consider the great advantage you will have by death, above all that ever you enjoyed on earth. And that (1) As to your communion with God. (2) As to your communion with Saints.

1. For your communion with God, the time of perfecting that is now come; thy Soul shall shortly stand before the face of God, and have the immediate emanations and beamings forth of his glory upon it; here thy soul is remote from God, the beams of his glory strike it but obliquely and feebly, but shortly it will be under the line; and there the Sun shall stand still as it did in *Gibeon*, there shall be no cloudings, nor decline-ings

ings of it. O how should this wrap thy Soul with desires of being uncloathed.

2. As for the injoyment of Saints, here indeed we have fellowship with them of the lower form; but that fellowship is so disweetned by remaining corruptions, that there is no satisfaction in it: as it is the greatest plague that can befall an Hypocrite to live in a pure Church, so 'tis the greatest vexation to the Spirit of a Saint to live in a corrupt and disordered Church: But when death hath admitted you into that glorious assembly of the Spirits of just men made perfect, you shall have the desire of your hearts: here you cannot fully close one with another, yea, you cannot fully close with your own Souls. O what discords, jarrings, censurings, are here? what perfect blessed harmony there? in Heaven each Saint loves another as himself, they are altogether lovely. O my Soul haste thee away from the Lyons dens, from the Mountains of Bether; from divided Saints, to those Mountains of Myrrhe, and hill of Frankincense; thou art now going to thine own people, as the Apostles phrase imports, 2 Cor. 5. 8.

6. Arg. If all this will not do, Con-

180 *How to encourage the heart  
sider what heavy burdens death will ease thy  
shoulders of.*

In this Tabernacle we groan, being  
burdened. (1) With bodily distempers,  
how true do we find that of *Theophrastus*,  
the Soul pays a dear rent for the tene-  
ment it now lives in: but glorified bo-  
dies are clogged with no indispositions,  
death is the best *Physician*, it will cure thee  
of all diseases at once. (2) With the in-  
dwelling of sin, this makes us groan from  
the very bowels, *Rom. 7. 24. But he that  
is dead is free from sin, Rom. 6. 7.* Hath  
justification destroyed its *damning power*,  
and sanctification its *Raigning power*?  
so glorification destroys its *very being*  
and existence. (3) We groan under temp-  
tations here, but as soon as we are out  
of the body, we are out of the reach of  
temptation: when once thou art got in-  
to Heaven, thou maist say, now *Satan*  
I am there where thou canst not come:  
for as the damned in Hell are *malo obfor-*  
*mati*; so fixed in sin and misery that their  
condition cannot be altered, so glori-  
fied Saints are *bono confirmati*, so fixed  
in holiness and glory that they cannot  
be shaken. (4) Here we groan under  
various troubles and afflictions, but then  
the daies of our mourning are ended.

God



*against the King of Terrours. 181*

God shall wipe away all tears from our eyes: O then! let us haste away that we may be at rest.

7. *Arg.* If still thou linger like Lot in Sodom, then lastly examine all the pleas and pretences for a longer time on earth. Why art thou unwilling to dye?

1. *Object.* O I have many relations in the World, I know not what will become of them when I am gone.

*Sol.* 1. If thou art troubled about their bodies and outward condition, why should not that word satisfie thee, *Jer. 49. 11. Leave thy fatherless children to me, I will keep them alive, and let thy Widows trust in me.* Luther in his last Will and Testament hath this expression, Lord, thou hast given me Wife and Children, I have nothing to leave them, but I commit them unto thee. O Father of the Fatherless and judge of Widows, *nutri, serva, doce*, nourish, keep and teach them: or art thou troubled for their souls? thou canst not convert them if thou shouldst live, and God can make thy prayers and counsels to live and take place upon them when thou art dead.

2. *Object.* I would fain live to do God more service in the world.

*Sol.* Well, but if he have no more  
N 3 service

vice for thee to do here, why shouldst thou not say with *David*: if he have no delight to use me any farther, here am I let him do what seemeth him good: in this world thou hast no more to do, but he is calling thee to an higher service and imployment in Heaven; and what thou wouldst do for him here, he can do that by other hands.

3. *Obj.* I am not yet fully ready, I am not as a Bride compleatly adorned for the Bridegroom.

*Sol.* 1. Thy justification is compleat already, though thy sanctification be not so; and the way to make it so is to dye, for till then, it will have its defects and wants.

4. *Obj.* O but I want assurance, if I had that, I could dye presently!

*Sol.* 1. Yea, there it sticks indeed; but then consider, that an hearty willingness to leave all the world to be freed from sin, and be with God, is the next way to that desired assurance: no carnal person was ever willing to die upon this ground.

And thus I have finished those cases which so neerly concern the people of God, in the several conditions of their life, and taught them how to keep their hearts in all. I shall next apply the whole.

I. *Use of Information.*

**Y**OU have heard that the keeping of the heart is the great work of a Christian in which the very soul and life of Religion consists, and without which all other duties are of no value with God: hence then I shall infer to the *consternation* of hypocrites, and formal Professors.

*I. That the pains and labours which many persons have taken in religion, is but lost labour, and pains to no purpose, such as will never turn to account.*

Many great services have been performed, many glorious works are wrought by men, which yet are utterly rejected by God, and shall never stand upon record in order to an eternal acception, because they took no heed to keep their hearts with God in those duties: this is that fatal rock upon which thousands of vain professors split themselves eternally they are curious about the externals of Religion, but regardless of their hearts. O how many hours have some Professors spent in hearing, praying, reading, conferring? and yet as to the main end

184 I I. *Infer. why Saints walk,*

of Religion, as good they had fate still  
and done nothing: for all this signifies  
nothing, the great work, I mean heart  
work; being all the while neglected:  
tell me thou vain Professor, when didst  
thou shed a tear for the deadness, hard-  
ness, unbelief, or earthliness of thy heart?  
thinkest thou, such an easie religion can  
save thee? if so, we may invert Christs  
words, and say, wide is the gate, and  
broad is the way that leadeth to life; and  
many there be that go in thereat: hear me  
thou self-deluding hypocrite, thou that  
hast put off God with heartles dutys, thou  
that hast acted in religion as if thou hadst  
been blessing an Idol, that could not  
search and discover thy heart: thou that  
hast offered to God but the skin of the  
sacrifice, not the marrow, fat, and in-  
wards of it; how wilt thou abide the  
coming of the Lord? how wilt thou hold  
up thy head before him when he shall  
say, O thou dissembling false-hearted  
man? how couldst thou profess Religion?  
with what face couldst thou so often tell  
me, thou lovedst me, when thou knew-  
est all the while in thine own conscience,  
that thine heart was not with me? O  
tremble to think, what a fearful judge-  
ment it is to be given over to a heedless  
and

and careless heart: and then to have religious duties in stead of a rattle to quiet and still the Conscience!

2. Hence I also infer for the *humiliation* even of upright hearts, that unless the people of God spend more time and pains about their hearts than generally and ordinarily they do, they are never like to do God much service, or be owners of much comfort in this World.

I may say of that Christian that is remiss and careless in keeping his heart, as *Jacob* said of *Reuben*, *Thou shalt not excel*: It grieves me to see how many Christians there are that go up and down dejected and complaining that live at a poor low rate; both of service and comfort, and how can they expect it should be otherwise as long as they live at such a careless rate? O how little of their time is spent in the closet, in searching, humbling and quickning their hearts?

You say, your hearts are dead; and do you wonder they are so as long as you keep them not with the Fountain of life? if your bodies had been dieted as your Souls have been, they would have been dead too: never expect better hearts till you take more pains with them; *qui fugit molam, fugit farinam*:  
he

he that will not have the sweat, must not expect the sweet of Religion.

O Christians! I fear your zeal and strength hath run in the wrong channel: I fear most of us may take up the Churches complaint, *Cant. 1. 6. They have made me the Keeper of the Vineyards, but mine own Vineyard have I not kept.* Two things have eaten up the time and strength of the professors of this Generation, and sadly diverted them from heart work. (1) Fruitless controversies started by Sathan, I doubt not to this very purpose, to take us off from practical godliness, to make us puzzle our heads, when we should be searching our hearts. O how little have we minded that of the Apostle, *Heb. 13. 9. 'Tis a good thing that the heart be established with grace, and not with meats: (i. o.)* with disputes and controversies about meats, which have not profited them that have been occupied therein.

O how much better is it to see men live exactly, than to hear them dispute subtilly; these unfruitful questions, how have they rended the Churches? wasted time and spirits, and called Christians off from their main business, from looking to their own vineyard? what think you Sirs? had it not been better if the questions



sions ventilated among the people of God of late daies, had been such as these? how shall a man discern the special, from the common operations of the Spirit? how may a Soul discern its first declining from God? how may a backsliding Christian recover his first love? how may the heart be preserved from unseasonable thoughts in duty? how may a bosom sin be discovered and mortified, &c. would not this have tended more to the credit of religion, and comfort of your souls? O 'tis time to repent, and be ashamed of this folly! when I read what *Snarez* a *Papist* said, who wrote many Tomes of disputations, that he prized the time he set apart for the searching and examining of his heart, in reference to God, above all the time that ever he spent in other studies: I am ashamed to find the professors of this age yet insensible of their folly: shall the Conscience of a *Snarez* feel a relenting pang for strength and time so ill employed? and shall not yours? this is it your Ministers long since warned you of: your spiritual Nurses were afraid of the rickets when they saw your heads only to grow, and your hearts to wither. O when will God beat our Swords into plow-

plowshares ! I mean our disputes and contentions, into practical godliness.

(2) Another cause of neglecting our heart hath been earthly incumbrances : the heads and hearts of many have been filled with such a crowd and noise of worldly business, that they have sadly and sensibly declined and withered in their zeal, love and delight in God, in their heavenly, serious, and profitable way of conversing with man.

O how hath this wilderness intangled us ! our discourses and conferences, nay our very prayers and duties have a tang of it : we have had so much work without doors, that we have been able to do but little within. It was the sad complaint of an holy one, O

Mr. *Strong*. saith he ! 'tis sad to think, how many precious oppor-

tunities I have lost ? how many sweet motions, and admonitions of the Spirit I have posted over unfruitfully, and made the Lord to speak in vain, in the secret illapses of his Spirit ? the Lord hath call'd upon me, but my worldly thoughts did still lodge within me, and there was no place in my heart for such calls of God ! surely there is a way of injoying God, even in our worldly employments ;

God

God would never have put us upon them to our loss. *Enoch* walked with God, and begat Sons and Daughters, *Gen.* 5. 19. He walked with God, but did not retire and separate himself from the things of this life: and the *Angels* that are imployed by Christ in the things of this world (for the Spirit of the living creatures is in the wheels) they are finite creatures, and cannot be in a two-fold *ubi* at one time, yet they lose nothing of the beatifical vision, all the time of their administration, for *Matth.* 18. 10. *their Angels* (even whilst they were imployed for them) *Behold the face of their father which is in Heaven.* We need not lose our visions by our imployments, if the fault were not our own: alas! that ever Christians who stand at the door of eternity, and have more work upon their hands than this poor moment of interposing time is sufficient for, should yet be filling both our heads and hearts with trifles.

3. Hence also I infer for the *awakening* of all, *that if the keeping of the heart be the great work of a Christian, then there are but few real Christians in the world.*

Indeed, if every one that hath learned the dialect of Christianity, and can talk  
like

190 *Real Saints the greatest rarities.*

like a Saint, if every one that hath gifts and parts, and by the common assisting presence of the Spirit can preach, pray, or discourse like a Christian: in a word, if such as associate themselves with the people of God, and delight in ordinances, might pass for Christians, the number then is great.

But alas! to what a small number will they shrink, if you judge them by this rule! how few are there, that make Conscience of keeping their hearts, watching their thoughts, judging their ends, &c. O there be but few closet-men among professors! 'tis far easier for men to be reconciled to any duties in religion than to these: the prophane part of the world will not so much as touch with the out-side of religious duties, much less to this: and for the hypocrite though he be polite and curious about those externals, yet you can never perswade him to this inward work, this difficult work: this work to which there is no inducement by humane applause, this work that would quickly discover what the hypocrite cares not to know, so that by a general consent, this heart-work is left to the hands of a few secret ones, and I tremble to think in how few hands it is.

## II. Use for Exhortation.

**I**F the keeping of the heart be so important a business, if such choice advantages accrue to you thereby; if so many dear and precious interests be wrapt up in it, then let me call upon the people of God every where to fall close to this work.

O study your hearts, watch your hearts, keep your hearts: away with fruitless controversies and idle questions, away with empty names and vain shews, away with unprofitable discourse & bold censures of others, turn in upon your selves, get into your closets, and now resolve to dwell there: you have been strangers to this work too long, you have kept others vineyards too long, you have trifled about the borders of Religion too long, this World hath detained you from your great work too long; will you now resolve to look better to your hearts? will you haste and come out of the crowds of business, and clamours of the world? and retire your selves more than you have done? O that this day you would resolve upon it!

Reader, methinks I should prevail with thee;

192 *A good heart helps a bad head.*

thee; all that I beg for is but this, that thou wouldst stop aside a little oftner to talk with God, and thine own heart, that thou wouldst not suffer every trifle to divert thee, that thou wouldst keep a more true and faithful account of thy thoughts and affections: that thou wouldst but seriously demand of thine own heart, at least every evening, O my heart where hast thou been to day? whether hast thou made a rode to day? if all that hath been said by way of inducement be not enough, I have yet more motives to offer you: and the first is this.

1. Motive. *The studying, observing, and diligent keeping of your own hearts will marvellously help your understanding in the deep mysteries of Religion.*

An honest well experienced heart is a singular help to a weak head, such a heart will serve you instead of a *Commentary* upon a great part of the Scriptures: by this means you shall far better understand the things of God than the learned *Rabbies* and profound *Doctors* (if graceless and unexperienced) ever did, you shall not only have a more clear, but a more sweet perception and gust of them: a man may discourse orthodoxly and pro-



profoundly of the nature and effects of faith, the troubles and comforts of Conscience, the sweetness of Communion with God, that never felt the efficacy and sweet impressions of these things upon his own spirit: but O how dark and dry are these notions, compared with his upon whose heart they have been acted? when such a man reads *David's* Psalms, or *Paul's* Epistles, there he finds his own objections made and answered: O saith he, these holy men spake my very heart! their doubts were mine, their troubles mine, and their experiences mine. I remember *Chrysostome* speaking to his people of *Antioch* about some choice experiences, useth this expression, *Scienti initiati quid dico*: those that are initiated know what I say, experience is the best School-master. O then! study your hearts, keep your hearts.

2. Mot. *The study and observation of your own hearts will antidote you against the dangerous and infecting errors of the times and places you live in.*

For what think you is the reason that so many professors in *England* have departed from the faith, giving heed to fables: that so many thousands have  
O been

been led away by the error of the wicked, that Jesuits and Quakers who have sown corrupt doctrine, have had such plentiful Harvests among us, but because they have met with a company of empty notional professors that never knew what belongs to practical godliness, and the study of their own hearts.

If professors did but give diligence to study, search, and watch their own hearts, they would have that *ἰδιὸν στέργον* that steadfastness of their own that *Peter* speaks of, *2 Pet. 3. 17.* and this would ballast and settle them, *Heb. 13. 9.* Suppose a subtil Papist would talk to such, of the dignity, and merit of good works, could he ever work the persuasion of it into that heart that is conscious to itself of so much darkness, deadness, distraction, and unbelief attending its best duties? 'tis a good rule, *non est disputandum de gustu*: there is no disputing against taste: what a man hath felt and tasted, one cannot beat him off from that by argument.

3. *Mot. Your care and diligence in keeping your hearts will prove one of the best evidences of your sincerity.*

I know no external act of religion that differ-

differences the sound from the unsound professor: 'tis wonderful to consider, how far hypocrites go in all external duties, how plausibly they can order the outward man, hiding all their indecencies from the observation of the world.

But then, they take no heed to their hearts, they are not in secret, what they appear to be in publick: and before this tryal no hypocrite can stand; 'tis confess, they may in a fit, under a pang upon a death-bed, cry out of the wickedness of their hearts; but alas! there is no heed to be taken to these extorted complaints; in our law no credit is to be given to the testimony of one upon the rack, because it may be supposed, that the extremity of the Torture may make him say any thing to be eased; but if self-jealousie, care, and watchfulness be the daily workings and farmes of thy heart, it strongly argues the sincerity of it: for what but the sense of a divine eye, what but the real hatred of sin as sin, could put thee upon those secret duties, which lie out of the observation of all creatures?

If then it be a desirable thing in thine eyes to have a fair testimony of thine integrity; and to know of a truth that

196 Ordinances sweet to such an heart.

thou fearest God: then study thine heart, watch thy heart, keep thy heart.

4. Mot. *How fruitful sweet and comfortable would all ordinances and duties be to us if our hearts were better kept?*

O what precious communion might you have with God, every time you approach him; if your hearts were but in frame! you might then say with David, *Psal. 104. 34. My meditation of him shall be sweet.* That which loses all our comforts in ordinances and more secret duties, is the indisposedness of the heart: a Christian whose heart is in a good frame gets the start of others that come with him in that duty: they are tugging hard to get up their hearts with God, now trying this argument upon them and then that, to quicken and affect them, and sometimes go away as bad as they came. Sometimes the duty is almost ended before their hearts begin to stir to feel any warmth, quickening, or power from it: but all this while the prepared heart is at its work; this is he that ordinarily gets the first sight of Christ in a Sermon: the first seal from Christ in a Sacrament: the first kiss from Christ in secret prayer. I tell you, and I tell you

*Heart acquaint. a fountain of prayer. 197*

you but what I have felt, that Prayers and Sermons would appear to you other manner of things than they do, did you but bring better ordered hearts unto them, you would not go away dejected and drooping, O this hath been a lost day, a lost duty to me, if you had not lost your hearts it might not be so: if then the comfort of ordinances be sweet, look to your hearts, keep your hearts.

5. Mot. *Acquaintance with your own hearts would be a Fountain of matter to you in Prayer.*

A man that is diligent in heart work, and knows the state of his own Soul; will have a fountain fullness of matter to supply him richly in all his addresses to God: his tongue shall not faulter, and make pauses for want of matter, *Psal.* 45. 1. *my heart is inditing a good matter:* or as *Montanus* renders the original, my heart is boyling up good matter, like a living spring that is still bubbling up fresh water; and then my tongue is as the pen of a ready Writer: others must pump their memories, rack their inventions, and are often at a loss when they have done all: but if thou have kept and faithfully studied thine own heart, 'twill be

198 *The power of godliness recovered.*

with thee (as *Job* speaks in another case) like bottles full of new wine, that want vent, which are ready to burst: as holy matter flows plentifully, so more feelingly and sweetly from such a heart: when a heart experienced Christian is mourning before God over some special heart corruption, wrassling with God for the supply of some special inward want, he speaks not as other men do, that have learned to pray by rote, their confessions and petitions are squeezed out, his drop freely like pure honey from the comb, 'tis a happiness then to be with or near such a Christian. I remember *Bernard* having given Rules to prepare the heart for prayer, concludes them thus: *Et cum talis fueris memento mei*: and (saith he) when thy heart is in this frame then remember me.

6. Mot. *By this the decayed power of religion will be recovered again among professors, which is the most desirable sight in this world.*

O that I might live to see that day! when professors shall not walk in a vain shew, when they shall please themselves no more with a name to live, being spiritually dead: when they shall be no  
more



more (as many of them now are) a company of frothy, vain, and unferious persons, but the majestick beams of holiness shining from their heavenly, and serious conversations shal awe the world, and command reverence from all that are about them: when they shall warm the hearts of those that come nigh them, so that men shall say, God is in these men of a truth.

Well, such a time may again be expected according to that promise, *Isa. 60. 21. The people shall be all righteous.* But till we fall closer to this great work of keeping our hearts, I am out of hopes to see those blessed daies: I cannot expect better times till God give better hearts: doth it not grieve you to see what a scorn religion is made in the world, what objects of contempt and scorn the professors of it are made in the world.

Professors, would you recover your credit? would you again obtain an honourable testimony in the Consciences of your very enemies? then, keep your hearts, watch your hearts: 'tis the looseness, frothiness, and earthliness of your hearts that hath made your lives so; and

200 *Scandals hereby prevented.*

this hath brought you under contempt of the World, you first lost your sights of God, and communion with him, then your heavenly and serious deportment among men; and by that your interest in their Consciences, O then! for the credit of religion, for the honour of your profession, keep your hearts.

7. Mot. *By diligence in keeping our hearts, we should prevent and remove the fatal scandals and stumbling blocks out of the way of the world.*

*Wo to the World* (saith Christ) *because of offences, Matth. 18. 7.* doth not shame cover your faces? do not your hearts bleed within you to hear of the scandalous miscarriages of many loose professors? could you not like *Shem* and *Japhet* go backward with a Garment to cover the shame of many Professors? how is that worthy name blasphemed? *James 2. 7. 2 Sam. 12. 13 14.* the hearts of the righteous sadned, *Psal. 25. 3. Ezek. 36. 20.* by this the World is fearfully prejudiced against Christ and Religion, the bonds of death made fast upon their Souls: those that had a general love and liking to the waies of God, startled and quite driven back, and thus Soul-blood

blood is shed : Woe to the World.

Yea, how are the Consciences of fallen professors plunged and even overwhelmed in the deeps of trouble? God inwardly excommunicating their Souls from all comfortable fellowship with himself, and the joys of his Salvation: infinite are the mischiefs that come by the scandalous lives of professors.

And what is the true cause and reason of all this ; but the neglecting of their hearts? were our hearts better kept, all this would be prevented : had *David* kept his heart, he had not broken his bones : a neglected careless heart, must of necessity produce a disorderly scandalous life. I thank God for the freedom and faithfulness of a Gospel reverend Brother in shewing professors their manifold miscarriages, & from my heart do wish that when their wounds have been thoroughly searched by that probe, God would be pleased to heal them by this Plaister. O professors ! if ever you would keep religion sweet, if ever you hope to recover the credit of it in the world, keep your hearts : either keep your hearts, or lose your credit : keep your hearts, or lose

202 *Service for God this way promoted.*

lose your comforts : keep your hearts ,  
least ye shed Soul-blood : what words  
can express the deep concerns , the  
wonderful consequences of this work ?  
everything puts a necessity, a solemnity,  
a beauty upon it.

8. *Mot. An heart well kept will fit you  
for any condition God casts you into, or any  
service he hath to use you in.*

He that hath learnt how to keep his  
heart lowly, is fit for prosperity : and he  
that knows how to use and apply to it  
Scripture Promises, and supports, is fit  
to pass through any adversity : he that  
can deny the pride and selfishness of his  
heart is fit to be employed in any service  
for God : such a man was *Paul* ; he did  
not only spend his time in preaching to  
others, in keeping others vineyards, but  
he look'd to himself, kept his own vine-  
yard, *1 Cor. 9, 27. Least when I have preach-  
ed to others, I my self should be a cast away* ;  
and what an eminent instrument was he  
for God, he could turn his hand to any  
work, he could dexterously manage  
both an adverse and prosperous condi-  
tion : I know how to abound, and how  
to suffer want ; let the people despise him,  
it moves him not, unless to indignation :

Let

*Communion of Sts. hereby restored. 203*

Let them stone him, he can bear it: if a man purge himself from these (saith he 2 Tim. 2. 21.) He shall be a vessel unto honour, sanctified and meet for the Masters use, and prepared unto every good work.

First the heart must be purged; and then 'tis prepared for any service of God: when the heart of *Isaiah* was purified, which was the thing signified by the touching of his lips with a coal from the Altar, *Isa. 6. 7.* then he was fit for Gods work: *here am I send me*, ver. 8. a man that hath not learned to keep his heart, put him upon any service for God, and if it be attended with honour, it shall swell up and overtop his spirit: if with suffering it will exanimate and sink him.

Jesus Christ had an instrumental fitness for his fathers work above all the servants that ever God imployed, he was zealous in publick work for God, so zealous, that sometimes he forgot to eat bread, yea, that his friends thought he had been besides himself: but yet he so carried on his publick work, as not to forget his own private communion with God; and therefore you read in *Matth. 14. 23.* that when he had been labouring

ing all day yet after that he went up to a mountain apart to pray, and was there alone. O let the keepers of the vineyards look to their own vineyard! we shall never be so instrumental to the good of others, as when we are most diligent about our own Souls.

9. *Mor. If the people of God would more diligently keep their hearts, how exceedingly would the communion of Saints be thereby sweetned!*

How goodly then would be thy tents O Jacob, and thy tabernacles O Israel! then as 'tis prophesied of the Jews, *Zech. 8. 23. Men would say, we will go with you, for we have heard that God is among you,* 'Tis the fellowship your souls have with the Father and with the Son, that draws out the desires of others after fellowship with you, *1 Joh. 1. 3.* I tell you, if Saints would be perswaded to take more pains, and spend more time about their hearts; there would quickly be such a divine lustre upon the face of their conversations that men would account it no small priviledge, to be with or near them.

'Tis the pride, passion, and earthliness of our hearts that hath spoiled Christian fellow-



fellowship: whence is it? that when Christians meet, they are often jarring and contending, but only their unmortified passions: whence are their uncharitable censures of their brethren, but only from self-ignorance? why are they so ridged, and unmerciful towards those that are fallen? but because they consider not themselves, as the Apostle speaks, *Mat. 6. 1.* why is their discourse so frosty and unprofitable when they meet? is not this from the earthliness and vanity of their hearts?

My brethren, these be the things that have spoiled Christian fellowship, and made it become a dry and sapless thing, so that many Christians are even weary of it, and are ready to say with the prophet *Jer. 9. 2.* *O that I had a Cottage in the wilderness, &c. That I might leave my people and go from them!* and with David, *Psal. 120. 6.* *My soul hath long dwelt with them that hate peace:* This hath made them long for the grave, that they might go from them that are not their own people, to them that are their own people, as the original of that Text imports, *2 Cor. 5. 8.*

But now, if professors would study their

206 *The influences of Ordinances,*

their own hearts more, watch and keep them better, all this would be prevented; and the beauty and glory of communion again restored: they would divide no more, contend no more, censure rashly no more; when their hearts are in tune their tongues will not jarre, how charitable, pitiful and tender will they be one of another, when every one is daily humbled under the evil of his own heart. *Lord* hasten those much desired daies, and bless these counsels in order to them.

10. Mot. *Lastly, by this the comforts of the Spirit, and precious influences of all Ordinances would be fixed and much longer preserved in your souls than now they are.*

Ah! what would I give, that my soul might be preserved in that frame I sometimes find it after an Ordinance! *aliquando intromittis me domine in affectum multum inusitatum introrsus ad nescio quam dulcedinem, &c.* Sometimes O Lord, (saith one of the Fathers sweetly) thou admittest me into the most inward, unusual and sweet delights, to I know not what sweetness, which were it perfected in me, I know not what it would be; or rather, what it would not be. But  
alas!

alas! the heart grows careless again, and quickly returns, like water removed from the fire to its native coldness: could you but keep those things for ever in your hearts, what Christians would you be! what lives would you live! and how is it that these things remain no longer with us? doubtless it is because we suffer our hearts to take cold again: we should be as careful after an Ordinance or duty to prevent this, as one that comes out of an hot bath, or great sweat is, of going out into the chill air: we have our hot and cold fits by turns, and what is the reason but our unskillfulness and carelessness in keeping the heart.

'Tis a thousand pities, that the Ordinances of God, as to their quickening and comforting effects, should be like those humane Ordinances the Apostle speaks of that perish in the using. O then, let me say to you, as Job 15. 11. *Do the consolations of God seem small to you?* Look over these ten special benefits, weigh them in a just ballance; are they small matters? is it a small matter to have thy weak understanding assisted? thine endangered soul antidoted, thy sincerity cleared, thy communion with  
God

God sweetned, thy sails filled in prayers; is it a small thing to have the decayed power of godliness again recovered, all fatal scandals removed, an instrumental fitness to serve Christ obtained, the Communion of Saints restored to its primitive glory, and the influences of ordinances abiding in the souls of Saints, if these be no common blessings, no small benefits, then surely 'tis a great duty to keep the heart with all diligence.

### *The III. Use for Direction.*

THE next use shall be for direction to some special means for the keeping of the heart: and here besides what hath been hinted in the explication of the duty *page 9, 10, 11, 12, 13.* to which I refer the reader and all those directions throughout the whole, appropriated to particular cases and seasons, I shall farther adde several other general means of excellent use to this end, and the first is this.

1. Means. *Would you that keep your hearts*

*that that*

hearts as hath been perswaded, then furnish your hearts richly with the Word of God, which is their best preservative against sin.

Keep the word, and the word will keep you: as the first receiving of the Word regenerated your hearts, so the keeping of the Word within you, will preserve your hearts. *Col. 3. 16.* *Let the Word of Christ dwell richly in you,* let it dwell, not tarry with you for a night, and let it dwell richly, or plentifully, in all that is of it, in its commands, promises, threats, in all that is in you, in your understandings, memories, consciences, affections, and then it will preserve your hearts, *Psal. 119. 11.* *Thy word have I hid in mine heart that I might not sin against thee.* 'Tis the slipperiness of our hearts in reference to the word, that causes so many slips in our lives. Conscience cannot be urged, or awed, with forgotten truths: but keep it in the heart, and it will keep both heart and life upright, *Psal. 37. 31.* *The law of his God is in his heart, none of his steps shall slide;* or if he do, the word will recover the straying heart again, *Mat. 26. 57.* *Then Peter remembered (the words of Jesus) and wept bitterly:* we never lose our hearts till they have first lost

the efficacious and powerful impressions of the word.

2. *Mea.* Call your hearts frequently to an account if ever you mean to keep them with God.

Those that put a stock into the hands of unfaithful or suspicious servants, will be sure to make short reckonings with them: *the heart is deceitful above all things, and desperately wicked, Jer. 17. 9.* O 'tis as necessary, as sweet, that we and our reins; that is, we and our secret thoughts confer together every night, *Psal. 16. 7.* we should call our hearts to account every evening, and say: O my heart! where hast thou been to-day? where have thy thoughts wandered to-day? what account canst thou give of them? O naughty heart, vain heart, couldst thou not abide by the Fountain of delights? is there better entertainment with the creature than with God? the oftner the heart meets with rebukes and checks for wandering, the less 'twill wander; if every vain thought were retracted with a sigh, every excursion of the heart from God with a severe check; it would not dare so boldly and frequently to digress and step aside; those actions which  
are



are committed with reluctance are not committed with frequency.

3. Mea. *He that will keep his heart, must take heed of plunging himself into such a multiplicity of earthly business, as he cannot manage without neglecting his main business.*

It cannot be imagined he should keep his heart with God, that hath lost himself in a wood of earthly business: take heed you do not pinch your souls by gratifying the immoderate desires of your flesh. I wish many Christians could truly say what a *Heathen* once did, *I do not give, but only lend myself to my business.* 'Tis said *Germanicus* reigned in the *Romans* hearts: *Tiberius* only in their *Provinces*: though the world be in your hands, let it not juggle Christ out of your hearts.

Take heed Christian, lest thy ship steal away thy heart from thy closet. God never intended earthly employments for a stop, but rather for a step to heavenly ones. O let not *Aristippus* the *Heathen* arise in judgment against thee, who said, *he would rather neglect his means than his mind, his farm than his soul.* If thy ship be overladen thou must cast some over-

bord: more busines than thou canst well mannage, is like more meat than thou canst well digest, which will quickly make a sickly soul.

4. Mea. He that means to keep his heart must carefully observe its first declinings from God, and stop it there.

He that will find his house in good repair, must stop every chink as soon as discovered, and he that will keep his heart must not let a vain thought be long neglected: the serpent of heart Apostasy is best killed in the egg of a small remission. O if many poor decayed Christians had lookt to their hearts in time, they had never come to that sad pass they now are: we may say of heart-neglects, as the Apostle doth of vain babblings, that they increase to more and more ungodliness, *nemo repente fit turpissimus*, little sins neglected will quickly become great and masterless: the greatest Crocodile once lay in an egge, the greatest Oak was once but an Acorn: the firing of a small train of powder may blow up all by leading to a greater quantity: men little think what a proud, vain, wanton, or worldly thought may grow to: behold how great a matter a little fire kindles?

5. Mea.

145. Mea. Take heed of losing the liveliness and sweetness of your communion with God, lest thereby your hearts be loosed off from God.

The heart is an hungry and restless thing, it will have something to feed upon; if it enjoy nothing from God, it will hunt for something among the creatures, and there it often loses it self, as well as its end: there is nothing more engages the heart to a constancy, and evenness in walking with God, then the sweetness which it tastes therein: as the Gauls when once they tasted the sweet-wine of *Italy* could never be satisfied till they conquered the country where it grew.

'Tis true, Conscience of duty may keep the heart from neglecting it, but when there is no higher motive, it drives on deadly, and is filled with distractions; that which we delight in, we are never weary of, as is evident in the motions of the heart to earthly things, where the wheels being oyled with delight, run nimbly, and have often need of triggings; the motions of the heart upward would be as free, if its delight in heavenly things were as great.

6. Mea. Habituate thy heart to spirital meditations, if thou wouldst have it freed from those burdensome diversions.

By this means you will get a facility, and dexterity in heart-work: 'tis pitty those smaller portions of our time betwixt solemn duties should lie upon our hands and be rendred useles to us. O learn to save, and be good husbands upon your thoughts; to this purpose, a neat

Author speaks, these Paren-  
Boyles occa- "theses which happen to  
sional reflect. "come between the more  
pag. 9, 10. "solemn passages (whether

"business or recreations)  
"of humane life, are wont to be lost by  
"most men; for want of a due value for  
"them, and even by good men, for want  
"of skil to preserve them: for though  
"they do not properly despise them; yet  
"they neglect, or lose them, for want of  
"knowing how to rescue them; or  
"what to do with them, but although  
"grains of sand, and ashes be a part, but  
"of a despicable smallness, and lyable to  
"be scattered and blown away, yet the  
"skilful artificer by a vehement fire  
"brings numbers of these to afford him  
"that noble substance glass, by whose  
"help

" help we may both see our selves, and  
 " our blemishes lively represented, (as in  
 " looking glasses (and discern celestial  
 " objects (as with Telescopes) and  
 " with the Sun beams kindle disposed  
 " materials (as with burning glasses)  
 " so when these little fragments, or par-  
 " cels of time, which if not carefully  
 " lookt to would be dissipated and lost,  
 " come to be managed by a skilful Con-  
 " templator, and to be improved by the  
 " celestial fire of devotion they may be  
 " so ordered as to afford us both looking  
 " glasses to dress our Souls by, and pro-  
 " spectives to discover heavenly won-  
 " ders, and incentives to inflame our  
 " hearts with zeal, thus far he.

Something of that nature I have un-  
 der-hand, for a publick benefit; if God  
 give life to finish; and opportunity to  
 produce it: certainly this is a great ad-  
 vantage for the keeping of the heart with  
 God.

## IV. Use for Consolation.

**I** Shall now close the whole with a word or two of consolation to all diligent and serious Christians that faithfully and closely ply heart-work; that are groaning and weeping in secret over the hardness, pride, earthliness and vanity of their hearts, that are fearing and trembling over the experienced deceitfulness, and falseness of them, whilst other vain professors eyes are abroad; their time and strength eaten up by fruitless disputes, and earthly employments; or at best by a cold and formal performance of some heartless and empty duties: poor Christian, I have three things to offer thee in order to thy support and comfort, and doubtless either of them alone mixed with faith is sufficient to comfort thee over all the trouble thou hast with thine own heart.

1. Comfort. *This argues thy heart to be upright and honest, what ever thy other gifts and abilities are.*

'Tis uprightness of heart will comfort thee upon a death-bed, 2 Kings 20. 2, 3.

*Then*



Then he turned his face to the wall and prayed to the Lord, saying, remember now O Lord, how I have walked before thee in truth, and with a perfect heart, Sec.

I am really of his mind who said, *si mihi daretur optio eligerim christiani rustici sordidissimum & maxime agreste opus pra omnibus victoriis & triumphis Alexandri aut Caesaris*: Might I have my wish, I would prefer the most despicable and sordid work of a rustick Christian, before all the victories and triumphs of Alexander or Cesar. Yea, let me adde, before all the elaborated duties and excellent gifts of vain professors: before the tongues of men and Angels: it will signifie more to my comfort to spend one solitary hour in mourning before the Lord over heart corruption, than many hours in a seeming zealous, but really dead performances of common duties with the greatest enlargements and richest embellishments of parts and gifts.

By this very thing Christ distinguishes the formal and serious Christian, *Mat. 6. 5*. The one is for the street and Synagogue, for the observation and applause of men, but the other is a cloister man: he drives on a home trade, a heart trade: never

never be troubled then for the want of those things that a man may have and be eternally damned, but rather bleſs God for that which none but the favourites, and darlings of heaven have: many a one is now in hell that had a better head than thine, and many a one now in Heaven that complained of as bad an heart as thine.

2. Com. *Know farther for thy comfort, that God would never leave thee under ſo many heart troubles and burdens, if he intended not thy real benefit thereby.*

Thou art often crying out, Lord why is it thus, why go I mourning all the day, having ſorrow in my heart, thus long I have been exerciſed with hardneſs of heart, and to this day have not obtained a broken heart; many years have I been praying and ſtriving againſt vain thoughts, yet am ſtill infeſted and perplexed with them. O when ſhall I get a better heart! I have been in travel, and brought forth but wind, I have obtained no deliverance, neither have the corruptions of my heart fallen. I have brought this heart many times to prayers, Sermons, Sacraments, expecting and hoping for a cure from them, and ſtill my ſore runneth and ceaſeth not.

Penſive

Pensive Soul, let this comfort thee, thy God designs thy benefit, even by these occasions of thy sad complaints; For (1.) Hereby he would let thee see what thy heart by Nature is and was, and therein take notice how much thou art beholding to free-Grace: He leaves thee under these exercises of Spirit, that thou maist lye as with thy face upon the ground, admiring that ever the Lord of Glory should take such a Toad, so vile a Creature into his bosom: thy base heart, if it be good for nothing else, yet serves to commend and set off, the unsearchable riches of free-Grace. (2.) This serves to beat thee off continually from resting, yea, or but glancing upon thine own righteousness, or excellency: the corruption of thy heart, working in all thy duties, makes thee sensible to feel that the bed is too short, and the covering too narrow: Were it not for those reflections thou hast after duties, upon the dulness and distractions of thine heart in them; how apt wouldst thou be to fall in love with, and admire thy own Performances, and Inlargement? For if notwithstanding these thou hast much to do with the pride of thy heart

heart; how much more, if such humbling and self-abasing considerations were wanting. And lastly, this tends to make thee the more compassionate and tender towards others; Perhaps thou wouldst have little pity for the distressed, and soul troubles of others, if thou hadst less experience of thine own.

Com. 3. *To conclude, God will shortly put a blessed end to all these troubles, cares, and watchings.*

The time is coming when thy heart shall be as thou wouldst have it, when thou shalt be discharged of these cares, fears and sorrows, and never cry out: Oh my hard, my proud, my vain, my earthly heart any more: when all darkness shall be banished from thine understanding, and thou shalt clearly discover all truths in God, that Chrystal Ocean of truth: when all vanity shall be purged perfectly out of thy thoughts, and they be everlastingly, ravishingly, and delightfully entertained and exercised upon that supream goodness, and infinite excellency of God, from whom they shall never start any more like a broken Bow: And as for thy pride, passion, earthliness, and all other the matters

ters of thy complaint and trouble, it shall be said of them, as of the Egyptians to Israel: *Stand still, and see the Salvation of God*: these corruptions thou seest to day, henceforth thou shalt see them no more for ever: when thou shalt lay down thy weapons of prayers, tears, and groans, and put on the Armour of light, not to fight, but to triumph in.

Lord, when shall this blessed day come? How long? How long? Holy and True; My soul waiteth for thee; Come my Beloved, and be thou like a Roe, or a young Hart upon the Mountains of *Berber*. Amen.

**FINIS.**

*Courteous Reader, these books following are  
printed for, and sold by Robert Boulter,  
at the Tureshead in Bishopsgate Street:  
near the Gat James.*

**A**N exposition with practical notes and obser-  
vations on the five last Chapters of the Book  
of Job; By Joseph Caryl, in quarto.

Husbandry Spiritualized, or the Heavenly use  
of Earthly things, By J. Flavel, in Quarto.

A Post with a packet of mad Letters, in Quarto.

Examen Arminianism, *Conscriptum & discipulis,  
dictatum per* Samuel Rutherford, Octavo.

Records Arithmetick, or the ground of Arts;  
Teaching the perfect work and practice of Arithme-  
tick both in whole Numbers and Fractions; By  
Robert Record, D. P. in Octavo.

Artificial Arithmetick in Decimals, shewing the  
Original, ground, and foundation thereof; By  
Robert Fager Gent. in Octavo.

*Schola Wintoniensis phrascs Latine*, the Latine  
phrases of Winchester School, corrected and much  
augmented in this fifth edition, by H. Robinson, D.D.

A Cloud of Witnesses, or the Sufferers Mirrour  
made up of the Swan like songs, and other choice  
passages of several Martyrs and Confessors, to the  
end of the sixteenth Century, in their Treatises  
Speeches, Letters, Prayers by T. M. M. A. in Octavo.

Sips of Sweetness or Consolation for weak be-  
lievers.

A Treatise discoursing of the sweetness of  
Christs carriage toward all his weak members, by  
John Durant.

Annotations on the Book of Ecclesiastes; By a  
Reverend Divine, in Twelves.



are  
er,  
t:

er-  
ok

ife  
ro.  
ly

ts;  
ne  
By

the  
By

ine  
uch  
D.  
our  
vice  
the  
fes  
vo.  
be-

of  
by

by a

Handwritten text, possibly a signature or date, appearing as "1851" and "1852" in reverse.